



Friuli Venezia Giulia **BY BICYCLE**

Cycling Routes for everyone



Discover a unique land by bicycle

Cycling Routes for everyone

A different world. Seen from two wheels. Which become many different worlds, if you are in Friuli Venezia Giulia. Landscapes love to reveal ever-changing sights to visitors riding their bicycles. And nature expresses itself with unusual reflections of light. It is enough to ride a hundred metres forward and it will already have astonished you with inedited luminous harmonies. Which dance with the flowing of the waves of the **sea**, accompany the flying of the birds in the **lagoon**, reappear in the gushes of the spring-waters and lose their way among the fulgent grass of the **plains**. Then the **hills**. Soft uphill and downhill in the search of lively reverberates that chase one another among the vines or hide inside powerful castles. Secular trees look down

on you from the top of the hills. Powerful and peaceful, they invite you to experience the slow fascination of bicycle riding. Riding along rivers and streams, greeting farmhouses, discovering charming forests. Approaching those old stones, that you can find in **city of arts** and **ancient villages**, and seeing how the light comes through the sings left from history. These are routes you can ride alone or with your family and friends. Even the younger ones cannot get bored. And when the light encounters certain perfumes, the dances start for your eyes and your taste buds: here and there, **holiday farms, typical trattorie** and **osmizze** await you. It is time for a well deserved, tasty break.



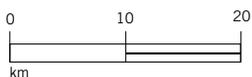
The great itineraries to discover Friuli Venezia Giulia

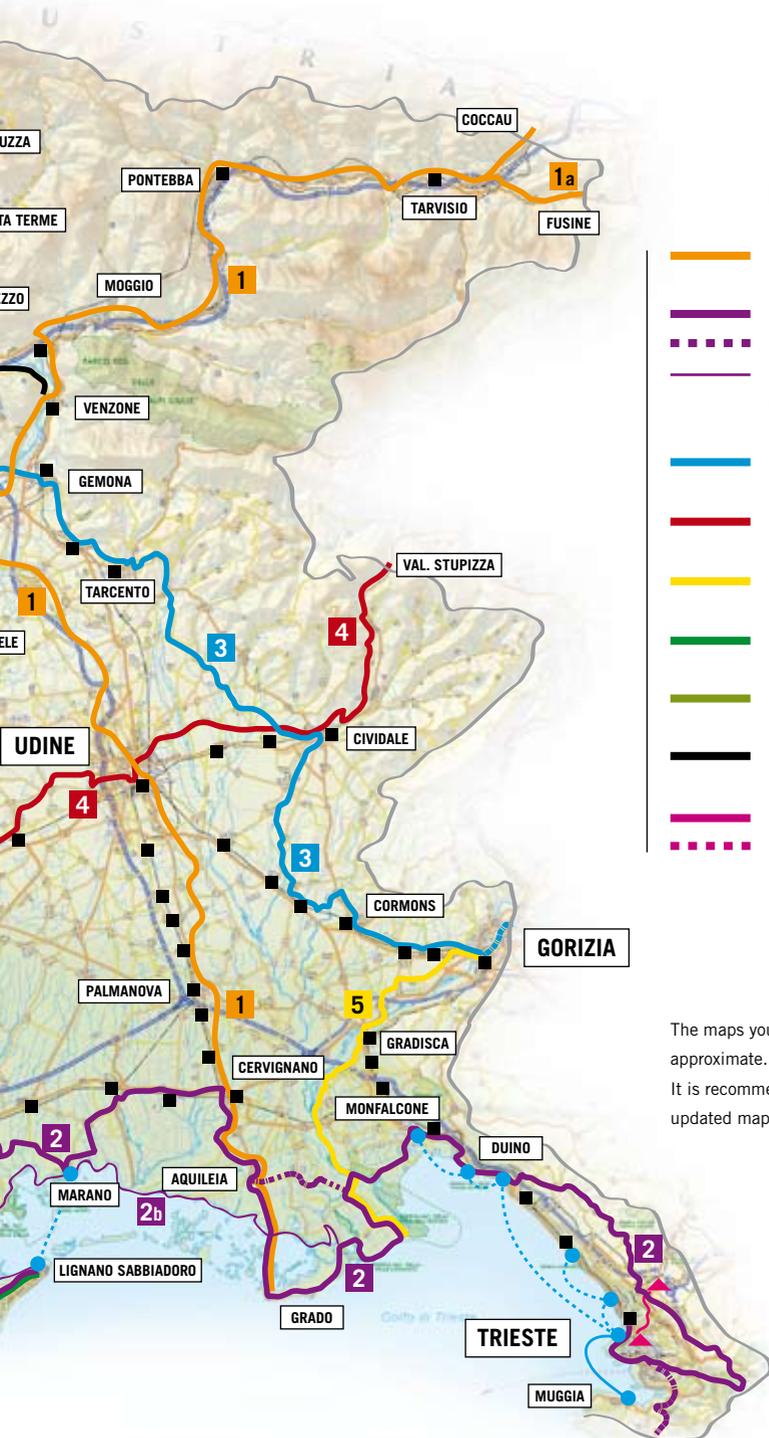


LEGEND

COMBINED BICYCLE + PUBLIC TRANSPORT

- Maritime Lines with all year boat + bicycle service
- - - Maritime Lines with summer boat + bicycle service
- Tram lines with tram + bicycle service
- Stations with train + bicycle service
- Boarding stops for boat + bicycle service
- ▲ Stops for tram + bicycle service





ITINERARIES

- FVG1 - Alpe Adria
- FVG2 - Adriatic Sea
- Links
- Pre-lagoon variant (planned)
- FVG3 - Piedmont Area
- FVG4 - Friulian Plains
- FVG5 - Isonzo River
- FVG6 - Tagliamento River
- FVG7 - Livenza River
- FVG8 - Carnia
- FVG9 - Lower Pordenone area
- Links

The maps you find in this guide are approximate.
It is recommended to get a detailed and updated map.



Length: km 175 (Coccau-Grado) or km 177 (Fusine-Grado)

Difficulty: quite easy, if you complete the itinerary with two or three stop-overs

Min/max Altitudes: 1 m. a.s.l. in Grado / 816 m. a.s.l. in Camporosso

Route and progressive distances in km: Coccau, Tarvisio, Pontebba (km 34), Chiusaforte, Moggio Udinese, Carnia, Venzone (70), Bordano, Braulins, Osoppo, Buia, Colloredo di Montalbano, Udine - train station (120), Pavia di Udine, Palmanova (145), Strassoldo, Cervignano, Aquileia (165), Grado (175).

Characteristics: to take advantage of the differences in altitudes in the itinerary which is mainly downhill, we suggest leaving from the Italian-Austrian border in **Coccau** or from the Italian-Slovene border in **Fusine**. At the beginning, in both cases, you will ride along bicycle-tracks which join up in **Tarvisio**. Following the bicycle-track, you will reach **Camporosso**. From here to **Chiusaforte** the itinerary follows secondary roads or the state roads which sometimes present traffic, but with road banks which allow for some sort of safety and for distance from motor vehicles. Between **Chiusaforte** and **Venzone** you will travel uphill and downhill along secondary roads, parts of which are gravel and a few highly steeping stretches. After this, the route is on flat land, except for the stretch from **Buia** to **Udine** which runs along a signalled partially gravelly bicycle track with a few slight uphills and downhills. After Udine you will cross the vast Friulian plains without any difference in altitude along tarred roads with little traffic. Traffic runs along a few stretches, specially in summer, between **Aquileia** and **Grado**. This itinerary may be covered all year round, except for the stretch from the borders Camporosso, since the route may be covered by snow from December to March. In this case, use the adjacent state road.

The itinerary, which links up to the Drava bicycle-track (Drauradweg), crosses the whole region from North to South, thus offering a very wide range of different nature, urban, landscape and cultural environments: first the valleys and the peaks of the Carnic and Julian Alps, downhill in the Canal del Ferro, riding along the rivers Fella e Tagliamento, gliding among the hills to cover the Friulian plains and eventually reach the lagoon and the Adriatic Sea.

An encyclopaedic itinerary where panoramas change quickly and in the same manner the cultural spaces, history, traditions and languages change. You will ride through locations of great historical and urbanistic importance such as Venzone, Udine, Palmanova, Aquileia; you will cross characteristic boroughs of Medieval origins such as Malborghetto, Strassoldo, Colloredo di Monte Albano and Fontanabona, through mountain holiday resorts, such as Tarvisio and the villages in the Val Canale, and seaside resorts like Grado.

Also from a gastronomic point of view, this is a tour along great diversities: the tastes and the products from the mountains, the unmistakable Friulian traditions, the fish dishes, and everything obviously accompanied by the excellent Friulian wines of the territories you will cover. A trip to be certainly.... tasted!





Length: km 172

Difficulty: easy, if you complete the itinerary with two stop-overs

Min/max Altitudes: 1 m. a.s.l. in Trieste / 423 m. a.s.l. in Draga S. Elia, on the Karst

Main Route with progressive distances in km: Trieste-train station, Draga S. Elia (km 18), Opicina, Borgo Grotta Gigante, Duino, Monfalcone (64), estuary of the Isonzo river, Grado (98), Cervignano, Torviscosa, Carlino, Marano Lagunare (135), Precenicco, Latisana (151), Pertegada, Lignano Sabbiadoro (172).
Detour from da Precenicco for the estuary of the Stella river km 7.

Characteristics: this route wishes to join Trieste to Venice and it is an integral part of the European Itinerary “Eurovelo” n. 8 (Cadice-Atene) as well as of some FIAB “Bicitalia itineraries. It is on flat land and runs along tarred roads with a few stretches of good gravel roads. From **Trieste** and **Monfalcone**, on the Carnic stretches, there are some slight uphill (<4%) and a few short spurts. You will ride along the bicycle-track from Trieste to **Draga S. Elia** and from Monfalcone to **Grado**. Along the whole route there are only very few stretches on roads with traffic. It may be covered all year round.

Trieste is the natural departure point of this fascinating itinerary which touches on the most important seaside resorts in Friuli Venezia Giulia, winding over the Karst and crossing the Lower Friulian plains, near the lagoons surrounding Grado and Marano.

The Karst offers naturalistic and environmental aspects which are unique in Europe, well represented in the Val Rosandra Park, in the Grotta Gigante (Giant Cave), in the “Carsiana” Botanic Gardens and on the Rilke route. From Monfalcone the trip belongs to the rural world of the Lower Friulian Plains with its thousands of water courses. The Roman ruins rise Aquileia, surrounded by coastal lands of the Grado and Marano Lagoon. You are not exempted from stopping at the seaside resorts of the region Grado and Lignano Sabbiadoro, as well as the fishing harbour in Marano. Nature lovers will appreciate the environmental and avifaunistic aspects of the lagoon in the numerous protected reserves and oasis to be found along this route (Isola della Cona, the estuary of the Isonzo river, Val Cavanata, Valle Canal Nuovo and the estuary of the Stella river). From Latisana to Lignano the itinerary runs alongside the Tagliamento river: the waters of this river have markedly characterised the evolution of the Friulian territory and carry special stories and happenings, at times even painful ones. Travellers who will stay several days in the seaside locations may follow some interesting variations to this route, cycling along the itineraries proposed by the project “Mare e Miniere di Mare” (Sea and Sea Mines). You can move around the lagoon with your bicycle on the motorboats to reach the different routes and thus enjoy an alternative day on the beaches.





Length: km 164

Difficulty: average, if you complete the itinerary with two or three stop-overs

Min/max Altitudes: 48 m. a.s.l. in Gorizia/ 380 m. a.s.l. in Sedilis

Route with progressive distances: Gorizia-train station, Capriva, Cormons (km 13), Giassico, S. Giovanni al Natisone, Oleis, Cividale (39), Ronchis, Nimis, Sedilis, Tarcento, Gemona (82), Braulins, Cornino, Pinzano al T. (108), Travesio, Meduno, Maniago (136) Montereale Valcellina, Aviano, Budoia train station (164).

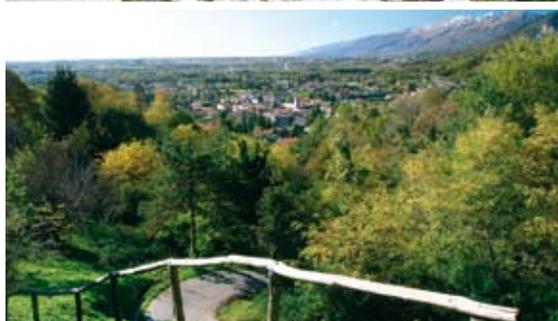
Detour Montereale Valcellina-Barcis km 10

Characteristics: this route is part of the itinerary n. 12 of “Bicitalia FIAB”, which runs from Turin to Trieste crossing the piedmont areas of the Alps. The secondary tarred roads you will travel along are almost all the way on apparently flat land and there are several uphill and downhill; there are a few steeper uphill in the stretch **Nimis** and **Gemona**. Between **Montereale Valcellina** and **Budoia** the route is sign-posted and runs along a few bicycle tracks. The route may be followed all year round. The Friulian piedmont arch is a territory which is truly rich in centuries-old culture, history and arts. To get to know this land well, it is necessary to travel slowly and to stop over at the numerous castles, the parish churches with their frescoes, the Medieval boroughs, the panoramic stations: every kilometre on this route will offer you locations of a rare and special nature! The landscape is one of the most fascinating in the whole of Friuli: cycling from East to West, you will see very different environments which are often unusual in Italy.

Gorizia and the famous Collio hills well introduce the itinerary, which follows its first stretch along the foot of the hills cultivated with vineyards. The whole route up to Tarcento winds its way across areas which are renowned for their wines: Tocai, Sauvignon, Cabernet, Merlot, Picolit, Verduzzo, to mention just a few of the most famous! The numerous wineries along the way sell their wines to connoisseurs and travellers, always offering a first taste...



After having crossed the Tagliamento river near Gemona, the landscape changes once again: mountains covered by woods rise steeply from the plains, almost as if they had just suddenly risen from the bowels of the Earths. At the foot of these Alpine counterforts, you will cycle through peaceful villages and industrious towns. It is well worth stopping over at the Nature Reserve on the Comino lake, a point of reference for the scientific experimentation linked to the avifauna (the griffon vultures have been placed here). The frescoes by Pordenone, preserved in the churches in Pinzano al Tagliamento and Valeriano, intensely express the best of Friulian art since 1500; another cycle of frescoes by the same artist may be seen in the church in Travesio. You will cycle through Maniago, which is nowadays famous for its production of knives as it was in the 16th century for its production of cutting weapons supplied to the Serenissima Republic. From MonterealeValcellina a recently built bicycle track runs along an old road no longer in use, which used to lead to the Barcis lake, running across the spectacular gorge in Val Cellina. The hydroelectric power station in Malnisio, dating back to the 1900's, may still be visited and preserves all its historical equipment and machinery. Eventually you will reach Budoia, where you can continue your itinerary running along the Isonzo (FVG7), a natural extension of this exciting route.



Itinerary of the Friulian plains

FVG4



Length: km 139

Difficulty: easy, if you complete the itinerary with two stop-overs

M in/max Altitudes: 25 m. a.s.l. in Sacile / 236 m .a.s.l. in Stupizza

Route with progressive distances: Stupizza, Pulfero, Cividale (km 19), Remanzacco, Udine (41), Codroipo (79), Casarsa, Pordenone (115), Porcia, Sacile (133), Stevenà di Caneva (139).

Characteristics: the itinerary runs across the whole of Friuli from East to West, joining up to Slovenia through the Alpine valley of the Isonzo river and the Venetian plains at the foot of the Cansiglio. The itinerary mostly covers flat lands, except for that stretch running through the Natisone Valleys, where the road is slightly uphill. The route, which is generally on tarred roads with some stretches in gravel but easy to travel on, also includes bicycle tracks between **Cividale** and **Udine**, in the areas around **Codroipo** and in the crossing of the towns of Udine and **Pordenone**. The road traffic is not heavy except in the suburbs and centres of the major towns, where traffic may be quite heavy. The route may be covered all year round.

The valleys furrowed by the Natisone river and by its tributaries constitute the articulation of a pre-Alpine territory which is very interesting for its landscapes, nature and ethnography. Travelling through these areas on your bicycle is truly pleasant: by riding along secondary roads or forest tracks you will find yourself on the slopes and on the ridges of mountains and hills, cycling towards small silent villages and beautiful broad-leaved forests. This wonderful district deserves a longer and deeper visit than just a fleeing crossing!

After having crossed Cividale, the historical town which had already been inhabited in Roman and Longobard times, the Friulian plains will open up in front of you to show you all its history and its rural world. You will ride through its main towns: Udine, capital town of Friuli, rich in monuments and history, Codroipo with its famous Villa Manin, Pordenone, a flourishing town with a vocation for industry and commerce, Sacile, called the “garden of the Serenissima”. Even though exploited by an intense agricultural activity, the territory still preserves areas of great environmental value with different naturalistic aspects: the Parco del Cormor, near Udine, the protected area of the Spring-waters of the Stella river which extends from Codroipo southwards, the urban parks in Pordenone (Noncello, the small Burrida and Rorai lakes). In the provinces of Udine and Pordenone, you will eat and drink Friulian style, elaborating the traditional farmhouse cuisine, simple, rich in personality and always innovative. The restaurants along the route, offer all the most typical dishes, without counting that the same dishes may also be tasted in one of the numerous festivals that each village organises during the summer months.





Length: km 44

Difficulty: easy

Min/max altitudes: 0 m. a.s.l. at the estuary of the Isonzo river / 72 m. a.s.l. in Gorizia

Route with progressive distances: Gorizia-train station, Lucinico, Farra d'Isonzo, Gradisca d'Isonzo (km 18), Fogliano, Turriaco, Ponte di Pieris (29), Isola Morosini, Fossalon, the Isonzo estuary (44).

Characteristics: the route, completely on flat land, winds its way on secondary tarred and gravel roads. Use sturdy bicycles with grooved tyres or Mountain Bikes. Along the whole route there are only short stretches along busy traffic roads. It may be covered all year round; cycle carefully along the river embankments especially after a long rainy season. The Isonzo river has always been the natural boundary of the Pianura Padana and of Italy towards Eastern Europe: it was a political boundary at the times of the Patriarchs of **Aquileia**, later between the Serenissima and the Hapsburgs, after that, between the Austrian-Hungarian Empire and the Kingdom of Italy, now divided between Italy and Slovenia. The river played tumultuous spectator of a long series of wars, remote and recent, this river indeed, is not "terrible" as History depicts it, on the contrary! The Italian stretch, from **Gorizia** to its estuary, has varied and interesting naturalistic aspects. The environments along the river change quickly: from an Alpine to a lowland river, from a spring-water river to a lagoon stream.

Both in Slovenia, and in Italy, along the main stream of the Isonzo river, large hydroelectric barrages and irrigation systems divert the courses of the waters: right at the beginning of the route you will see the first of these river works, by crossing the river on the bridge Ponte IX Agosto, in direction Lucinico. The itinerary continues across the country to reach Gradisca d'Isonzo, a pretty fortified town which still preserves a significant part of its city-walls, gates and Renaissance towers. Here you will start travelling along the first stretch near the river embankment up to the bridge in Sagrado. On secondary roads, you will then reach Turriaco, where you will continue once again along the river embankment. It is however necessary to cycle across the reclaimed areas in Fossalon in order to reach Punta Sdobba, estuary of the Isonzo river in Trieste. The Nature Reserve of the Isonzo Estuary is a protected area which includes the Isola della Cona, a large sandy dune which was created by the river wash-down, on which the various particular environments are integrally preserved, such as the prairies and the coastal vegetation. At the tour centre on the Island, nature guides will assist you in getting to know this environment better, truly unique in its kind, by taking you on a walk towards the observation huts, so as to watch, with discretion and respect, the very many permanent and migratory bird species which make their nests or transit in this swampy area.





Length: km 81

Difficulty: quite easy

Min/max Altitudes: 2 m. a.s.l. in Lignano Sabbiadoro /179 m. a.s.l. in Valeriano di Pinzano al Tagliamento

Route with progressive distances: Valeriano, Spilimbergo (km 8), Barbeano, Cosa, Ponte della Delizia (28), Biauzzo, Camino al Tagliamento, Varmo, the Madrisio bridge (47), Fraforeano, Latisana (60), Pertegada, Lignano Sabbiadoro (81).

Characteristics: a line which is a North-South conjunction of various regional itineraries, it is the shortest bicycle route to reach **Lignano Sabbiadoro** coming on your bicycle from Austria. From **Valeriano** the route is always slightly downhill southwards, which makes the riding effort considerably easier even on the gravel roads along the embankments and the high-water beds which join Valeriano and the Bridge **Ponte della Delizia**. Along the whole route there are short stretches on roads with traffic. The final stretch between Latisana and Lignano is in common with the FVG 2 itinerary. It may be covered all year round; cycle carefully along the embankments especially after long periods of rain. The white gravel bed of the Tagliamento river, the most important water course in Friuli, really seems too large for the trickle of water that we normally see flowing between **Pinzano** and **Madrisio**. The river-bed, which is in some points over 2 kilometres wide, actually often stays dry in the stretch under the bridge Ponte della Delizia! However, during the plentiful rainfalls on the Carnic mountains, the water-flow changes in just a few hours: from a placid “small stream” it turns into an impetuous and overwhelming river, with flowing capacities equal to those of a large river of the plains!

The Tagliamento river has deeply marked the history of Friuli, for good and for bad. It formed the plains, washing down to the valleys the detritus from the glaciers and has caused disastrous floods, like the one in 1966; in its waves the cut trunks of the Carnia forests flowed into the valley, whereas now the water is being used to produce a great amount of electricity and to irrigate most of the Friulian lowlands “Di cà e di là da l’aghe” (on this side and on that side of the river): this is how, jokingly, the Friulian people recognise each other’s native origins.

As you cycle across the lands near the Tagliamento you will have the opportunity to get to know these stories better. Along the itinerary or with short local detours you can reach the castle in Spilimbergo and Valvasone, the enological wineries in Casarsa, Venetian villas located in the Friulian Lowlands. Latisana is definitively the town which preserves the greatest memories of the hydrological events of this river: as you walk along the large river banks, built to protect the inhabited areas, you will understand the great quantity of water which could flow under its famous bridges. The final stretch of the route runs along the foot of the main embankment: climb onto the embankment and you will enjoy the panorama of the beautiful countryside surroundings. Eventually you will reach Lignano, where you can lie in the sun on its wide beach, generated by the Tagliamento, and together with the river we can stop our ride.





Length: km 30

Difficulty: very easy

Min/max Altitudes: 10 m. a.s.l. in Portobuffolè /82 m .a.s.l. in Budoia

Route with progressive distances: Budoia, Polcenigo, Sacile (km 12), Brugnera, Portobuffolè (30)

Characteristics: this short route Represents the final Friulian section of the bicycle itinerary of the Livenza river, approximately 100 km long which then continues into the Veneto region up to Caorle (VENICE). It is completely over flat land, suitable for all kinds of bicycles and cycling skills; it takes advantage of secondary tarred roads with low traffic as well as a few stretches along the river embankment and bicycle tracks. Even though it is a short route, this itinerary is dotted with remarkable attractions, especially of naturalistic and urbanistic characteristics. The Livenza river is a large spring-water river that flows from underground springs located at a couple of hundred meters one from the other. Just after **Polcenigo**, historical location over towered by a beautiful castle, with a short detour from the main route, you will reach the first spring, called the **Gorgazzo**, a deep Karst type siphon, which is well renowned among the lovers of speleological immersions, fed by waters that flow with strong currents in the deep veins of the Monte Cavallo and Consiglio massif. The other two springs, called Santissima and Molinetto, are located a little further South.

The river progressively swells, draining the water layer in the Plains and collecting those of the numerous tributaries. Sacile is a splendid town, whose historical centre has a typically Venetian urbanistic and architectural layout: beautiful Renaissance houses rise overlooking the banks of the river, just like on a canal in Venice. Continuing across the territories furrowed by the river, you will reach Brugnera, one of the national furniture capitals. Nearby, rises Villa Varda with its large park, which may be visited and is rich in exotic botanic species, directly overlooks one of the Livenza river creeks. Cyclists riding Mountain bikes may from this point cycle along the embankment to reach Portobuffolè, an ancient river port which enjoyed fortune and success during the Renaissance; the other cyclists may in case reach the location by riding along a comfortable road with stretches of bicycle-tracks.





Total distance: km 63

Difficulty: average

Min/max Altitudes: 230 m. a.s.l. in Venzone / 609 m.a.s.l. in Paluzza

Main Route with progressive distances: Venzone, Pioverno, Cavazzo Carnico, Tolmezzo (km 16), Terzo, Zuglio, Paluzza (33).
Diramazione Tolmezzo - Villa Santina - Ovaro (18).
Detour Villa Santina-Ampezzo (12).

Characteristics: this ramified itinerary allows the bike-tourist to easily reach and visit the most important valleys and locations in Carnia. Departure point is from **Venzone**, easily reached also by bicycle by travelling along the FVG 1 itinerary. The various branches do not present any particular difficulties, however you will ride on secondary tarred roads which are always slightly sloping (max 3-4%), with a few steeper spurts. Only a few short distances are covered on the main road in the valleys: be careful of the traffic. From the terminal points of the itinerary you can continue on mountain roads in the direction towards Austria and the Cadore region. The itinerary may be followed all year round.

Having left Venzone, the route continues along the foot of Monte S. Simeone, on the banks of the wide confluence of the Fella and Tagliamento rivers. In this stretch you will already be able to admire the peaks of the Prealps and Carnic Alps, above all you will notice the Monte Amariana which over towers Tolmezzo, the main town in Carnia.

From this attractive town, following the main itinerary, you will cross the valley of the Brut torrent, once crossed by the Roman Imperial road called Julia Augusta which used to lead towards the Norich and the Danube.

The Roman presence has left important traces in the archaeological ruins in Julium Carnicum, now Zuglio, a location renowned also for the ancient parish Pieve di S. Pietro, the matrix church in Carnia. The roads that branch off lead to the towns of Ovaro and Ampezzo, the main centres of the Degano and Alto Tagliamento valleys.

The mountain landscapes dominate this route and typically Alpine nature will be our landlady. From the locations you will ride through it is possible to leave for very interesting Mountain Bike excursions, towards the small villages settled in the minor valleys, or to ride up the surrounding mountain slopes along the forest roads, towards Alpine shelters and pastures. If luck is on our side, while we ride our bicycles we might even see an eagle hovering above us or a roe-buck crossing the road in front of us! The gastronomy in Carnia is based on centuries-old experience in the use of the few food resources available in the mountain environment: meat dishes, game, cereals, mushrooms, dairy products. The small orchards and vegetable gardens offer products which have long not been seen on many market counters, and in the same way very few people still know the culinary use of wild herbs. Certain products such as meat and ricotta cheese are smoked and are nowadays considered gastronomic refinement, but originally it was just an expedient to lengthen the conservation of the food. These ancient culinary traditions, which join cultural aspects and eating habits, are nowadays offered during the numerous festivals that take place in all the villages in Carnia.





Length: km 55

Difficulty: easy

Min/max Altitudes: included between 10 and 20 m. a.s.l.

Route with progressive distances: Ponte di Madrisio, Morsano al Tagliamento, Cordovado (km 10), Sesto al Reghena (16), Le Torrate, Azzano X (35), Visinale, Tamai, Brugnera (55)

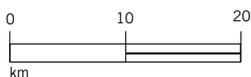
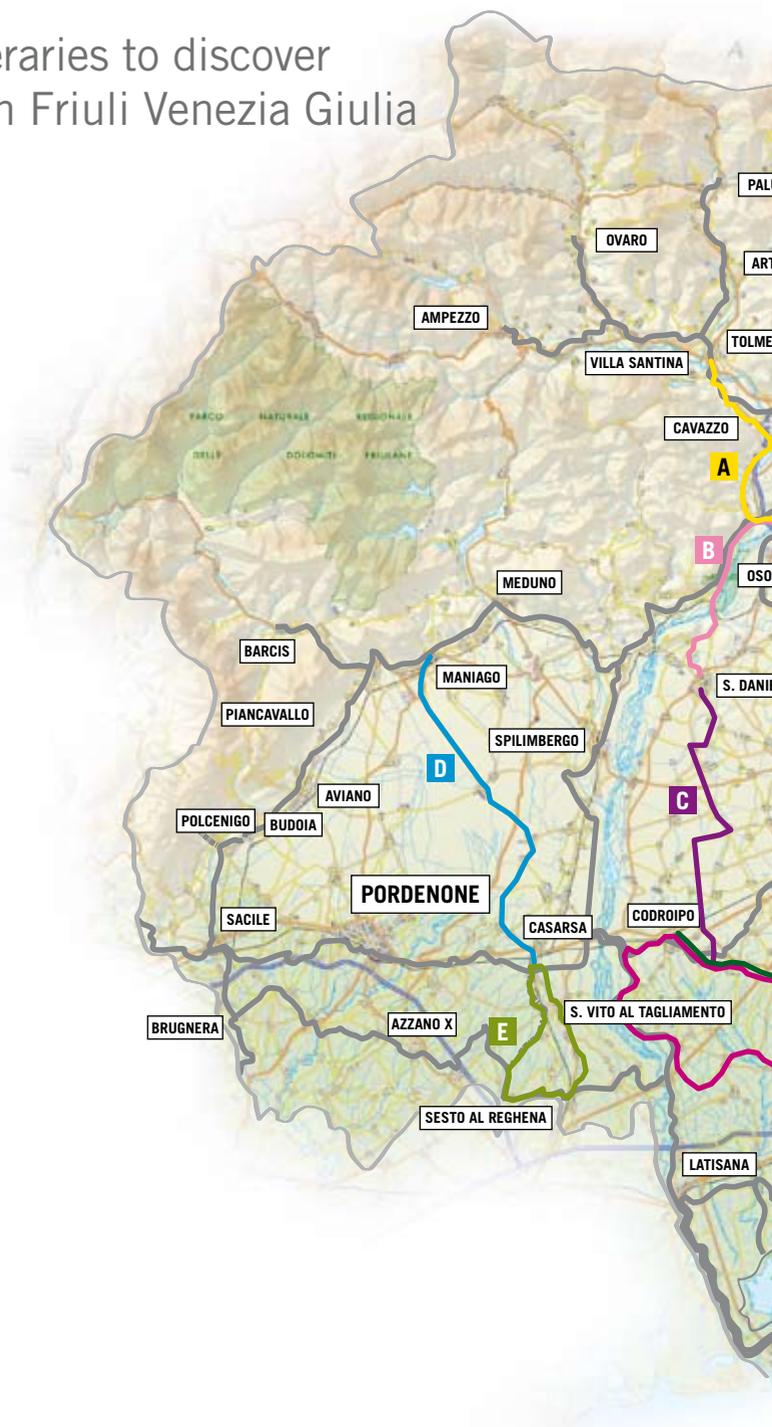
Characteristics: Itinerary running over flat lands, mostly along comfortable well beaten gravel roads with no traffic, does not present any sort of difficulty except for orienting yourself correctly in the middle of the country. Use sturdy bicycles with grooved tyres. The itinerary may be followed all year round; however be careful along the levelled ground, specially after periods of heavy rainfalls.

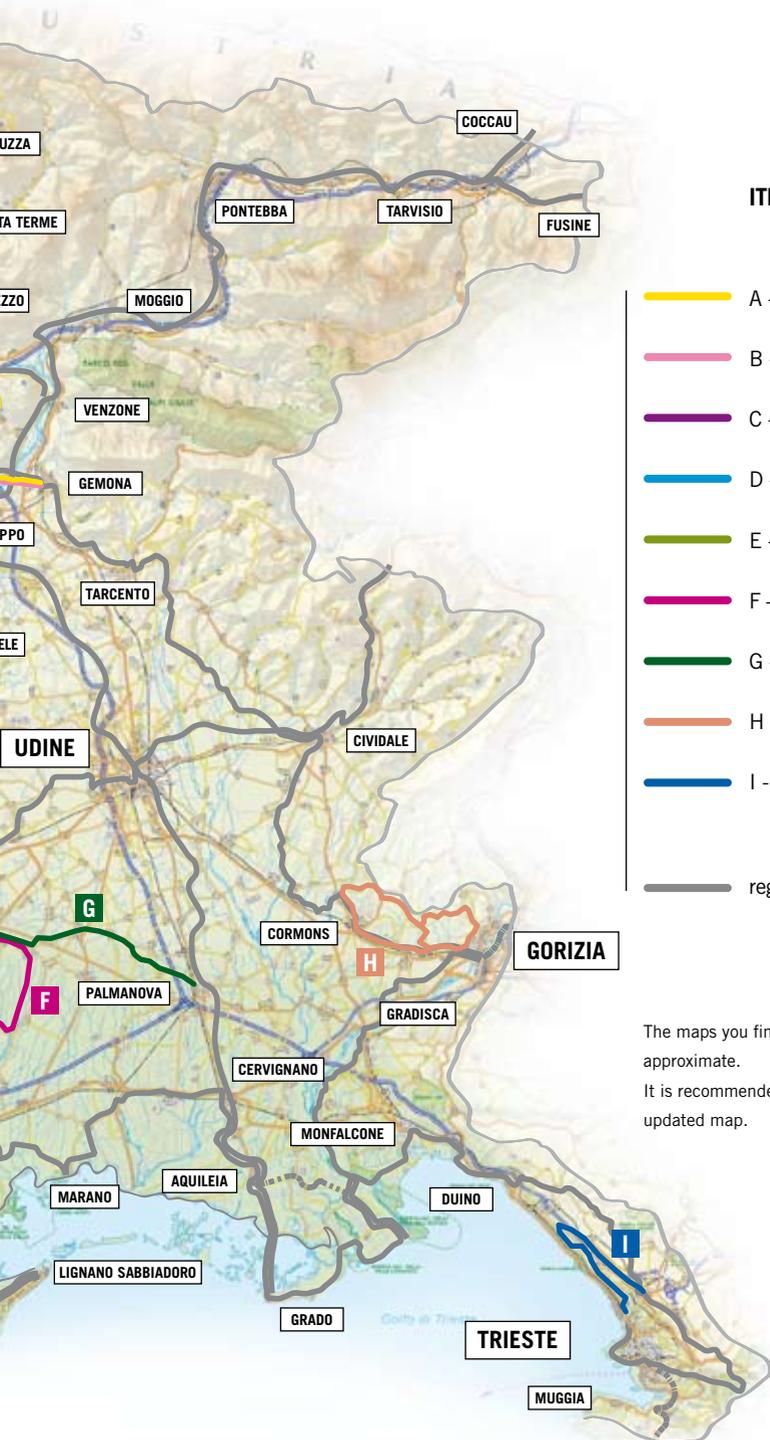
A route that is truly suitable for those who love to have fun along country roads or for those who wish to ride along secondary roads in search of silent places of memories. From the bridge on the Tagliamento river (linking up with the FVG 6 itinerary), head towards **Cordovado**, rightly entered in the exclusive list of the “most beautiful boroughs in Italy”, thanks to its preservation, quite unaltered, of the ancient Medieval fortress.

Also Sesto al Reghena preserves a precious jewel of the history of Friuli: the Benedictine fortified abbey which was an important religious centre already during the Longobard age, with jurisdiction over the vast Friulian territories. Inside you can admire findings and important cycles of frescoes dating back to the Middle Ages. From here up to Azzano X you will ride across the silent countryside of the lower Pordenone area, among cultivated fields, prairies and poplar woods. Small groups of rural houses will be your points of reference in this land furrowed by numerous rivers, canal and Rios, which carry the spring-waters towards the sea. Agriculture has taken advantage of this wealth of water and has always exploited this resource consequently regulating the use of the territory. The Western-most section of the route, between Azzano X and Brugnera, runs along secondary tarred roads. The signs of the industrious and entrepreneurial North-East are evident in this area: one of the most important Italian furniture districts has long settled on these lands, creating employment and wealth.



The local itineraries to discover the beauties in Friuli Venezia Giulia





ITINERARIES

- A - The Lake Route
- B - The alchemy of prosciutto
- C - The Stradone Manin
- D - Cellina and Meduna
- E - From Nievo to Pasolini
- F - Tour of the land of Spring-waters
- G - The land of polenta
- H - Tour of the Collio
- I - From the Karst to the Sea
- regional itineraries

The maps you find in this guide are approximate.

It is recommended to get a detailed and updated map.

The Lake Route

A



Suitable for CTB - RDB

Length: km 26

Difficulty: average

Route: Tolmezzo, Cavazzo Carnico, Somplago, Lago dei Tre Comuni, Avasinis, Trasaghis, Braulins, Gemona

Min/max Altitudes: 183/348 m. a.s.l.

Characteristics: tarred road, with little traffic Several short uphill and downhill and short slopes within 4%. There is 1 km with a 9% slope between Somplago and the road branching off to Cesclans.

Can be travelled over: all year round.

Nature - This route is a variation to the regional Carnic itinerary to reach Gemona and the regional Alpe Adria itinerary. The Cavazzo Lake, also called the Lake of the Three Districts, is the largest lake in Friuli. It owes its origin to the erosion of the Tagliamento river, which in times previous to glaciations, flowed in this valley, and not in its current one. At a short distance from the village of, in Cesclans, is the Vuarbis swamp, an interesting faunistic location.

The places - Already a centre for commerce and a customs station for Roman trade with the Norich, Gemona still preserves, notwithstanding the disastrous earthquake which took place about thirty years ago, its Medieval features. During the year there are numerous events which evoke ancient atmospheres and traditions. The symbol of the town is the Duomo: not only because it is a beautiful Gothic example, but also because it was decided to rebuild it even though it had been practically completely destroyed. The building is now supported by a large non-visible steel and concrete structure, and continues to bear the giant statue of Saint Christopher on its façade.

The alchemy of prosciutto



B

Suitable for CTB - RDB

Length: km 25

Difficulty: facile

Route: Gemona, Trasaghis, Cornino, Cimano, Lago di Ragogna, San Daniele

Min/max Altitudes: 153/252 m. a.s.l. (San Daniele)

Characteristics: flat lands between Gemona and Cimano, hilly with slight uphill and downhill between Cimano and San Daniele. Mostly on secondary tarred roads with little traffic except nearby the most important inhabited centres.

Can be travelled over: all year round.

Nature - The fame of San Daniele as the place of production of the famous seasoned cured hams or prosciutto is in part a gift of Mother Nature. It is in actual fact the climatic conditions of the location at the foot of the mountains which favour the success of the wise working processes currently sanctioned by the Denomination of Protected Origin brand. The idea that the place would be suitable for the seasoning of the cured hams seems to have already been present in ancient times. Therefore the operations which have so far been carried out by the over 40 producers have for centuries been tested and grant the prosciutto a special fragrance, distinguishing it from the other prosciutto produced in the Region, the smoked cured ham from Sauris. Near San Daniele, the Ragogna lake owes its origins to the Tagliamento glacier. The small clear blue lake, Laghetto di Cornino, in the reserve bearing the same name, is, on the other hand, fed by the cold underwater layer.

The places - Important centres since Roman times, Gemona and San Daniele constitute the departure and arrival points of this itinerary: an openly declared proposal of "gluttony" a but not in the least lacking in cultural occasions, useful for the bike-tourist riding down towards the sea to reach the road leading to Lignano.



The Stradone Manin

C



Suitable for CTB - RDB

Length: km 30

Difficulty: easy

Route: Villa Manin (Codroipo), Zompicchia, Barazzetto, Coseano, Rive d'Arcano, San Daniele

Min/max Altitudes: 34/252 m. a.s.l. (S. Daniele)

Characteristics: gravel roads between Zompicchia and Barazzetto, the remaining section is tarred. Little or no traffic except when crossing some inhabited centres.

Can be travelled over: all year round

Nature - In a very silent and relaxing landscape, you will ride along what remains of the ancient 18th century route which used to link the properties of the Venetian Manin families in Codroipo and San Daniele del Friuli. All round are the rural landscapes which have maintained their traditional aspects, with fields enclosed by hedges and rows of trees while in the background is the scenario of the mountains closing the plains, from Monte Cavallo to the west to Monte Canin in the east.

The places - San Daniele safeguards in its historical centre on the top of a hill, valuable architectures and works of art. A 15th century building is home of the Guarneriana Library, one of the most ancient in Italy, which preserves illuminated codes and incunabula of great value, among which a Byzantine Bible written and illuminated in Jerusalem in 12th century. The castle in Rive d'Arcano is an imposing medieval building: within its walls hovers the 17th century memory of a lady murdered by her jealous husband, who then had her body walled up. A story worthy of an ancient manor-house, which had a curious conclusion in the 20th century when... Well, if you are tired of cycling, stop there and try to discover what happened.

The magredi of the Cellina and Meduna



D

Suitable for CTB - (RDB)

Length: km 33

Difficulty: easy

Route: Maniago, Campagna, Luogo del Dandolo, Vivaro, Rauscedo, Arlene, San Lorenzo, Casarsa della Delizia

Min/max Altitudes: 44/283 m. a.s.l.

Characteristics: completely on flat lands or in slight apparently flat land, roads are almost all tarred. Car traffic is very little, slightly more intense near the main inhabited centres.

Nature - The magredi stretch out from Maniago to Casarsa: the Cellina and Meduna torrents, flowing down impetuously from the mountains over thousands of years have dragged down enormous quantities of debris and rubble, which have formed a very extended conoid of alluvial sediments. On the top of many metres of gravel, a fertile layer has deposited, where the vegetation has specialised to support conditions of extreme barrenness. In fact, in the magredi, waters disappears completely, to then flow back to the surface in the lowlands. Flora and fauna are very peculiar in these places. Among the vegetation, especially, there is a strange plant originating from the steppe, the Crambio di Tataria, which is believed to have come so far, about a thousand years ago, when the Hungarians invaded Italy and the seed, have remained in the horse hooves from the distant, found their ideal environment to grow roots.

The places - In Rauscedo, and in the neighbouring villages, there are many green-houses and nurseries for the production of rooted cuttings, the small vine plants destined to be planted in new vineyards. The highly selected vine plants are exported to all the continents: the plant production in Rauscedo, together with its activities of study and research, is considered to be one of the most important worldwide.



From Nievo to Pasolini

E



Suitable for CTB - (RDB)

Length: km 41

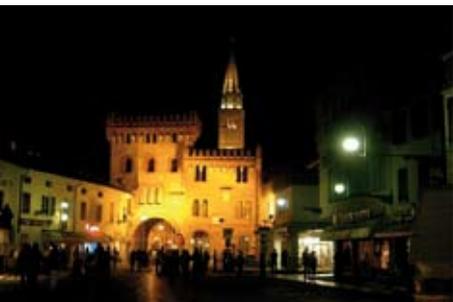
Difficulty: easy

Route: Casarsa della Delizia, S. Vito al Tagliamento, Ligugnana, Cordovado, Sesto al Reghena, Savorgnano, Prodolone, Casarsa

Min/max Altitudes: 13/44 m. a.s.l.

Characteristics: complete on flat lands, with several gravel stretches alternated with stretches on tarred roads. There is always very little or no traffic.

Can be travelled over: all year round



Nature - The plains in the lower Pordenone area has rural landscapes which may be traced back to the orderly centurions by the Roman colonists who about two thousand years ago were the first to reclaim and cultivate these fields. It is a land rich in water which comes to the surface as clear blue springs in the countryside and flow towards the sea. One of these springs has become very famous, because it was described by Ippolito Nievo: the fountain called Fontana del Venchiaredo, located between Cordovado and Sesto al Reghena, surrounded by the greenery of alder-trees and weeping willows.

The places - Cordovado is a fortified borough which preserves its Medieval atmospheres and valuable buildings. Originally a Roman station located at the sixth mile along the Consular road called Julia Augusta, Sesto al Reghena, with its fortified Benedictine monastery, was already in Longobard times an important religious centre having civil jurisdiction over a large number of territories. In San Vito al Tagliamento, the two towers that characterises the attractive square date back to 13th century. One of these is the seat of the town Museum and hosts, among other pieces, a beautiful collection dedicated to the rural civilisation in Western Friuli. The small 15th century church called Chiesetta di Santa Maria dei Battuti preserves a famous series of frescoes by Pomponio Amalteo. In the church called Santa Maria delle Grazie in Prodolone there is a 16th century altarpiece in wood which competes for the record of elegance and graciousness with the altar in Mortegliano. Casarsa is intensely tied to the name of Pier Paolo Pasolini, writer and film director.

Tour of the land of Spring waters



F

Suitable for CTB - (RDB)

Length: km 48

Difficulty: easy

Route: Codroipo, Camino al Tagliamento, Varmo, Rivignano, Ariis, Talmassons, Bertiole, Villa Manin, Codroipo

Min/max Altitudes: 11/44 m. a.s.l.

Characteristics: completely flat lands, with several gravelled sections alternated with tarred road. There is very little or no traffic almost all the time.

Can be travelled over: all year round.



Nature - A bicycle, silent and gentle “two wheels”, is probably the best means to explore these water places. The phenomenon of the spring-waters, of the damp plains, of the marshes and peat-bogs was very emphasised in the low Friulian plains. The reclaiming works have strongly influenced the environments which have come about over thousands of years. The untouched strips of land in this habitat represent real and proper naturalistic gems whose value is recognised at a European level. Along the route it is possible to choose between the Parco delle Risorgive in Codroipo, the Spring-waters of the Stella River and the lowland woods that this river flows through in its winding flow, the Spring waters in Flambro, the damp plains in Bertiole...

The places - The generosity of waters in these lands has characterised the activity of its community, its economic development, the traits of places and people: networks of canals, the embankments and ditches, the irrigation channels, mills that process great quantities of cereals produced by this easily irrigated land. And so, many rural boroughs, many settlements following the reclaiming of the land, many residences of the wealthy land-owners and a series of villas built by the noble Venetians who used to spend their summers in this fertile countryside. Among others, Camino, Ariis, Flambro and Varmo deserve a visit.



The land of polenta

G



Suitable for CTB - RDB

Length: km 29

Difficulty: easy

Route: Palmanova, Bicinicco, Mortegliano, Talmassons, Bertiole, Villa Manin, Codroipo

Min/max altitudes: 27/44 m. a.s.l.

Characteristics: an itinerary totally on flat lands; always on tarred roads. Little traffic except in the outskirts of Palmanova and Codroipo.

Can be travelled over: all year round.

Nature - Cultivations of maize are widespread in the Friulian lowlands, as is widespread the gastronomic use of polenta, in all its variants of colour and taste, from the mountains to the sea. The Romans called this dish “pultes iulianae”, and even though it was not prepared with maize flour in those times, but with other cereals or with buck wheat, the name itself already connected it to the eating traditions of these lands. In the range of current productions of polenta, the “blave di Morteau” is renowned; flour made from a local variety of maize, which is still cultivated and processed with traditional methods which highlights its genuineness and taste. A 21 metre high British oak tree still grows in Sterpo di Bertiole. This ancient oak-tree is over 500 years old.

The places - From the city-walls around Palmanova, the small or large villages along the itinerary, each preserve some treasures: the frescoed church dedicated to Sant'Andrea near Bicinicco, the wooden Renaissance altar in the Duomo in Mortegliano, the ancient watermills scattered here and there (the one in Bart, near Codroipo, dates back to 1450). The origin of the name Codroipo is the Latin word “Quadrivium”, because this place was the crossing of two great roads of Imperial Rome, the one leading to Aquileia which continued Eastwards and the one which was the connection Northwards. In Rivolto, just before Codroipo, there is the military aeronautics base of the Freccie Tricolori. In the area it is often possible to admire the entire acrobatic team in their training flights.

Tour of the Collio

H



Suitable for CTB - RDB

Difficulty: average

Length: km 44

Route: Gorizia, Piedimonte, Piuma, S. Floriano del Collio, Giasbana, Russiz, Wood in Plessiva, Brazzano, Cormons, Capriva, Mossa, Lucinico, Gorizia

Min/max altitudes: 50/275 m. a.s.l. (in San Floriano)

Characteristics: itinerary over the hills with slopes that are generally lower than 5%. There are higher slopes in the stretch between Piuma and Giasbana (8-9%) but only for very short distances. Most of the route runs along tarred roads; there are, however, also some stretches on good quality gravelled roads. There is very little or no traffic on almost the whole route.

Can be travelled over: all year round.

Nature - From Gorizia, just across the Isonzo river, the hills of the Collio rise up without warning: a border which is almost invisible separate them from the Slovene Collio (Brda), framed to the North and to the East by plateaus that are already mountains and forests. The downhill ride runs among the geometrical shapes of the vineyards which produce, strictly DOC Collio, above all the famous white wines like Chardonnay, Pinot, Tocai, Sauvignon. Then the road relaxes down into the Plains of the Preval, an ancient reclaimed swampy area.

The places - After the Oslavia Ossuary, built in memory of the victims who fell on the border during the devastating First World War, San Floriano del Collio is an observation point of an incomparable panorama. The towns of Russiz Superiore and Russiz Inferiore, are tied, in the history of the vine-growing and wine-making in this area, to the introduction, at the end of 1800, of French vines which allowed for a decisive improvement in the quality of the local species. Brazzano is easily recognisable from a distance for its embattled tower which overlooks the San Giorgio hill. It is tempting to stop for gastronomic and tasting breaks, in the wineries or farms which exhibit the sign "frasca", indicating the famous local enological production. These places are very frequent and inviting along the whole route.



From the Karst to the Sea



Suitable for CTB

Length: km 25

Difficulty: easy; in the direction indicated; engaging in the opposite direction

Route: Opicina, Monte Grisa, Prosecco, S. Croce, Miramare, Barcola, Trieste

Min/max altitudes: 5/350 m. a.s.l. (Opicina)

Characteristics: this itinerary constitutes an interesting choice to reach Trieste coming from the regional itinerary FVG2. It is made up of a slight up and downhill between Opicina and S. Croce with gravelled stretches which are not always in perfect conditions. There is a long sloping stretch between S. Croce and Miramare with short spurts over 20%. Bike-track on flat land between Miramare and Trieste...

Can be travelled over: all year round. To reach Opicina from Trieste, it is advisable to use the famous cableway tram which transports even 2-3 bicycles or, in summer there is a special service train+bicycle ("Rondò") from the Trieste Campo Marzo train station to the train station in Villa Opicina.

Nature - The panorama which from the top of the Carnic edge opens up to overlook Trieste and the Gulf is breathtaking, while you ride your bicycle through black pine trees planted in 1800, and the perfumed Mediterranean vegetation which still grows at the edges of that typically Carnic one. The climate is favourable for the cultivation of vines and olive trees, and the Via del Pucino reminds us of the wine produced in these areas, be it red or white, was appreciated even at the Roman Emperor's court.

The places - The Marian Temple on Mount Grisa was built in the 1960's to fulfil the promise made by the Bishop of Trieste, who during the Second World War had asked the Madonna to protect the city... The ancient urban structure of Santa Croce is particularly interesting, the town of Prosecco boasts a centuries-old tradition in the art of vine-growing. The Castle in Miramare is the fairy-tale residence which Maximilian of Hapsburg built in 1856: snow-white on the blue of the sea, it may be visited together with its beautiful surrounding park, rich in local and exotic plants, many of which over a hundred years old.

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TYPES OF BICYCLES

CITY BIKE: (CTB): city and bike-tourism bicycles. These are bicycles for tarred surfaces and also for gravel roads. Frames are light and rigid but also suspended. Used for daily trips and for pleasant rides in the country, on secondary roads with little traffic. Grooved tyres, horizontal handlebars, soft saddle.

ROAD BIKE: (RDB): race bicycle. Use exclusively on tarred roads. Extremely light, monoque body in aluminium or in carbonium. Narrow tyres, low handlebars, rigid saddle.



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