

FRIULI VENEZIA GIULIA IN MOVIMENTO

10mila passi di salute



Interreg
Italy - Croatia
TAKE IT SLOW



EUROPEAN UNION



For all those who love nature and good life quality, who enthusiastically strive together, environmentally, socially and economically, to preserve and enhance this vast heritage within an ‘integrated vision of the different dimensions of development’

(For further reading: Agenda 2030 on Sustainable Development – 17 Millennium goals, UN)

Project promoted and supported by the Friuli Venezia Giulia Region



Coordinated by Federsanità ANCI FVG



In collaboration with



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'Project for the promotion of routes for physical exercise, movement and well-being', Art. 9, paragraphs 25 - 27, Regional Law no. 25 of 6 November 2018 and subsequent years on 'Intersectoral Financing Regulations'



Smart and sustainable tourism supporting Adriatic heritage for tomorrow

Thanks to cross-border cooperation, the Take it Slow project aims to promote and boost the **sustainable tourism offer**, in a common challenge that combines complex strategic actions and the creation of a new sensitivity, more inclusive and aware, to meet the needs of travelers and host territories.

Sustainable tourism development: the 3 key concepts:

- Correct use of environmental resources (biodiversity, natural heritage)
- Protection of the sociocultural authenticity of the host communities (tangible and intangible heritage, interculturality))
- Strategies to ensure equity of socioeconomic benefits (employment, social services, accessibility)

5 Croatian partners, 8 Italians, more than **3.7 million €** of budget, with the common goal of encouraging and promoting slow and sustainable tourism linked to the natural and cultural heritage in the Adriatic area, as a lever for a more balanced territorial development: **this is Take it Slow**.

Interreg Italy-Croatia strategic project (1.6.2020 - 31.12.2022).

What is Take it Slow aimed at?

- Promote the cultural and natural heritage, tangible and intangible, of the Adriatic area
- Involve and train operators and stakeholders in tourism and cultural promotion actions, at transnational and local level
- Encourage and improve the inclusiveness and accessibility of destinations
- Support the creation of green certifications
- Involve and actively train students and local communities

... Together!

Along the beautiful Italian and Croatian coasts of the **Adriatic**, as well as in inland areas, **each partner** is engaged on a **cross-border and local level**, with initiatives aimed at meeting the needs of their territory, in accordance with the common strategic objectives.

Friuli Venezia Giulia, a Region that promotes Health

Friuli Venezia Giulia is one of the Italian regions in which, with much pride, more physical activity is practised, at all ages, including the elderly, but it is still far from the optimal levels. Many scientific studies confirm that the regular practice of physical activity improves health, increases psychological wellbeing and has a very important role in preventing chronic diseases. Diseases such as diabetes, hypertension, obesity and cardiovascular diseases are associated with lifestyles, and cause 50% of the deaths and disabilities, determining in this way huge costs on the healthcare system. Over the years, such costs called for the need to reorganise some healthcare services by strengthening interventions in favour of health promotion and prevention measures, both to gain greater wellbeing for people and reduce the burden of care and its costs on the social health system.

Walking, which is within everyone's reach, is the cheapest and healthiest way to practise physical activity and provides benefits for physical and mental wellbeing; it reduces symptoms of depression, anxiety and stress, and, thanks to walking groups, which are widespread in many municipalities, socialisation, social participation in the community and resilience are fostered to overcome loneliness, which can particularly affect older people.

The FVG in Movimento 10 mila passi di salute project created by Federsanità ANCI FVG, with the collaboration of the University of Udine, Department of Economic and Statistical Sciences, and the support of PromoTurismo FVG, is part of a broader programme of the Region's Central Directorate for Health, which aims to promote health and, specifically, physical activity and exercise among the population.

The promotion of health aims to strengthen each person's knowledge and skills in making healthy lifestyle choices, but it also aims to affect social, environmental and economic change, using the lens of equity, creating supportive environments, strengthening community action, developing a public policy for health protection.

This handbook brings together the routes of all the municipalities that have joined the Project, which highlights the Region's unique landscape diversity.

Acting on the environment, with the cooperation of the municipalities, by creating paths to facilitate movement and simple walks allows a paradigm shift by stimulating and inviting people to change their lifestyle habits.

Encouraging walking and/or cycling also impacts on and contributes to many of the goals of the 2030 Agenda for Sustainable Development, a programme adopted in 2015 by the governments of 193 United Nations Member States.

In particular, the focus is on promoting people's health and wellbeing, resulting in less pressure on health systems and cost savings related to the management of chronic non-communicable diseases; on promoting sustainable and accessible mobility; on raising awareness and responsibility for fighting climate change, and the importance of individual, social and collective commitment, as well as economic development by enhancing the territory and promoting tourism.

Health is a right, a common good, a resource, and with the commitment and responsibility of each individual, it is possible to affect the system by bringing about major changes at different levels.

The Vice President of the Friuli Venezia Giulia Region

Riccardo Riccardi

Vice-President and Councillor for Health, Social Policies and Disability, Social Cooperation and the Third Sector, delegated to Civil Protection Friuli Venezia Giulia Region

Physical movement and exercise at all ages for wellbeing and health

Although it is well established and supported by a number of scientifically validated studies that a physically active lifestyle is crucial in preventing noncommunicable (chronic) diseases, only a minority of the population engage in regular physical activity. There are many reasons why people are sedentary, the main ones being attributed to lack of time (40.6%), lack of interest (29.7%), age (24.7%), tiredness or laziness (13.5%). It has been estimated that regular physical activity can reduce cardiovascular diseases by 15-39%, stroke by 33%, colon cancer by 22-33% and diabetes by 22%. In Friuli Venezia Giulia, 41% of the adult population is overweight-obese and only 35% practise regular physical activity. Even among children, aged between 6 and 10 years, the situation is not good: one in four is not at a normal weight, 5.7% are obese, 18.2% are overweight and only 10% of 15 year olds practise the recommended physical activity.

Why is it good to practise regular physical activity?

- It lowers the risk of some chronic diseases, such as cardiovascular diseases, diabetes, obesity, and some types of cancer (colon and breast)
- It helps improve the respiratory functions
- It allows a greater control of body weight, thus reducing excess weight and obesity
- It improves bone health
- It reduces cholesterol and blood pressure values
- It reduces symptoms of anxiety, stress and depression
- It improves the quality of sleep
- It strengthens muscles.

The effects of physical activity, exercise and movement on health can lead to increased life expectancy.

What and how much physical activity should be practised?

The WHO estimates that 63% of adults do not get enough physical activity, and of these 20% are considered inactive. The document 'Global Recommendations on Physical Activity for Health' indicates recommended levels of physical activity for health, based on three different age groups:

- **Children and young people aged 5-17 years** should engage in activities that include play, planned exercise and sports (predominantly aerobic), starting gradually and increasing in duration, frequency and intensity from time to time, up to **at least 60 minutes per day of physical activity** of varying intensity, from moderate to vigorous, and **at least 3 sessions per week** of aerobic activity that stimulates the skeletal muscle system.

Any greater amounts of activity provide additional benefits.

- **Adults aged 18-64 years** should do at least 150 minutes of moderate-intensity aerobic physical activity per week. Aerobic activity should be performed in bouts of at least 10 minutes duration. For additional health benefits, adults should increase their moderate-

intensity aerobic physical activity to 300 minutes per week. Muscle-strengthening activities should be done involving major muscle groups twice a week.

The recommended amount of physical activity can be spread out over the day to better include exercise in the daily routine, e.g. through 5 sessions of at least 30 minutes per week or through 25 minutes of vigorous intensity exercise 3 times per week.

- **Adults aged over 65 years** should do **at least 150 minutes per week of moderate-intensity aerobic physical activity**. For people with poor mobility, it is also recommended to combine muscle-strengthening activities for major muscle groups two or more times a week and activities to improve balance and prevent falls three or more times per week. Adults who cannot do the recommended amounts of activity, due to their health conditions, should adopt an active lifestyle and perform low-intensity physical activity, within the limits allowed by their abilities and condition.

What is the meaning of moderate- or vigorous-intensity physical activity?

Moderate-intensity physical activity is usually characterised by a higher energy expenditure compared to that required at rest, and generally allows to easily talk.

A typical example is walking at a brisk pace.

Vigorous-intensity physical activity, instead, induces a higher energy expenditure.

At this intensity, it usually becomes more difficult to converse, so much so only a few words can be uttered before catching breath. An example of such a form of physical activity is running at a slow pace (jogging).

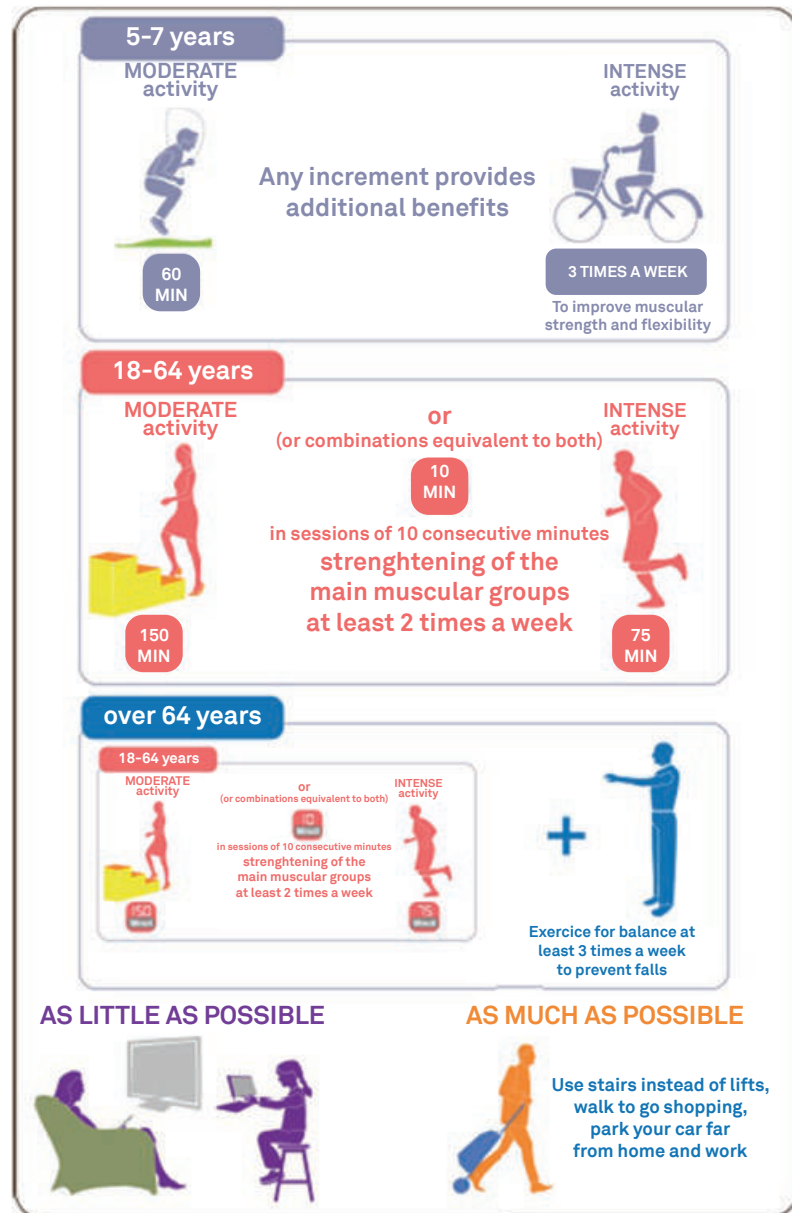
Physical activity levels can also be achieved while performing normal occupations, which are part of the daily routine. These, based on age, are: for young people movement games and activities, sports, leisure-time activities, school physical education, foot or bicycle transportation;

for adults active travel, work or leisure activities, household chores or sports; for the elderly non-motorised travel, leisure activities, gardening, household chores or some sports.

Depending on age, the context for physical activity may be different: school, family, community, worksites or sport places. It is important to know that '**little is better than nothing**' and, therefore, that some health benefits for sedentary adults can be achieved even with minimum amounts of physical activity. However, it is important to set the goal of reaching and, if possible, exceeding the recommended levels. Those able to exceed such levels will gain additional benefits for their health.

The deleterious effects of hours of sedentary lifestyles are independent of the level of physical activity during leisure time and can also be found in individuals who achieve the recommended amount of physical activity. It is possible for physically active people to be sedentary at the same time, because, for example, after a morning exercise session, they spend much of the remaining daily time sitting (e.g. driving to and from work and sitting at a desk for the entire working day).

WHO physical activity recommendations for different age groups



Source: Ministry of Health, Istituto Superiore di Sanità, Coni, 2017

The most risky condition is that of inactive and sedentary people. All adults, at least every 30 minutes, should interrupt periods of sitting or lying down with short walks (2-3 minutes), no-equipment workouts on the spot (e.g. leg push ups, even performed simply by repeatedly getting up from a chair or sofa) or periodically alternate between sitting and standing.

Where can physical activity be practised?

Walking, at a more or less fast pace, is the easiest and cheapest way of exercising, and many municipalities have created safe walking routes; joining walking groups, active in the towns, is a way of exercising in company and socialising.

You can attend gymnastic classes, suitable for all ages, you can practise a favourite sport by joining sports associations, and, why not, attend dance classes.

Walking or cycling to work or running errands is an excellent exercise.

Sedentary people, and in particular people with illnesses or elderly, can seek advice from their general practitioner on which physical activity is best to start with.

Various physical activity suggestions and walking groups active in the municipalities can be found on the Region's **active ageing** website (www.invecchiamentoattivo.fvg.it).

The General Director
Gianna Zamaro
 Central Directorate for Health, Social Policies and Disability
 of the Friuli Venezia Giulia Region

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Global action plan on physical activity 2018-2030: more active people for a healthier world- World Health Organization 2018

Global action plan for the prevention and control of non communicable diseases 2013-2020. Geneva: World Health Organization; 2013 (<http://www.who.int/nmh/publications/ncd-action-plan/en/>, accessed 12 June 2015).

Physical activity strategy for the WHO European Region 2016-2025 -OMS

Guidelines on physical activity for the differences in age groups and with reference to physiological and pathophysiological situations and specific subgroups of the population. Ministry of Health 2017

A network of 70 municipalities for 59 routes. Municipalities, local communities and associations together with the Healthcare System to promote Health

Walking in the open air, amongst nature and exercising, alone or in groups (compatibly with the new COVID-19 safety rules), close to home or in other municipalities, whenever possible, is a 'healthy lifestyle' (WHO) and an 'open-air gym', where to practise every day. It is pleasant, helps to stay healthy, prevents many illnesses and improves the mood, fights loneliness and promotes wellbeing and life quality at all ages.

In general, these are the purposes of the 'FVG IN MOVIMENTO. 10mila Passi di Salute' project. The final aim of the project is to provide people with opportunities and routes, 'mainly pedestrian and accessible to all', to practise physical activities and movement and, in general, live 'correct lifestyles' (healthy diet, no smoking, no drugs and avoidance of alcohol abuse), and, at the same time, promote 'active ageing and fight loneliness' (Regional Law no. 18 of 15 October, 2020).

The project is promoted and supported by the FVG Region, as of November 2018 (Regional Law no. 25/2018 Art. 9 Para. 25-27) and is part of a broader integrated and coordinated plan of health promotion activities provided for in the 'Regional Prevention Plans' of 2014-2019 and 2021-2025. For this reason, considering the positive results achieved and in order to support the entry of new municipalities and implementation of other activities, additional resources have been provided, through Decrees no. 2595 of 26 November 2019; no. 2185 of 5 November 2020 and no. 3168 of 25 November 2021, which, to date, support the Activity Plans, until 31 January 2024.

To actively involve all municipalities of Friuli Venezia Giulia, the Region appointed Federsanità ANCI FVG as project coordinator, that presented specific Activity Plans, set up the 'Project Coordination Committee' and the 'Call Commission', in which the project partners are members: Central Directorate for Health, Department of Economic and Statistical Sciences of the University of Udine and PromoTurismo FVG, and for the Call Commission also the Secretary General of ANCI FVG. Then, two calls for the municipalities were defined and published: the first with deadline 15 October 2019 and the second one 31 March 2021. Altogether, 70 municipalities (out of a total of 215), among 'leaders' and partner municipalities, signed up, covering a total of 59 routes throughout the entire Region, from the sea to the mountains, lakes, rivers, hills, villages and countryside.

Federsanità ANCI FVG is an association of municipalities, healthcare authorities, the research hospital IRCCS, public companies offering personal care services, Federfarma FVG, municipal nursing homes, consortia and foundations.

The 70 Municipalities that took part in the two calls committed to upgrade and maintain green areas and paths, and furnish and promote the routes for which they received a contribution, according to the criteria indicated in the call. Only some municipalities, about 20, did not request a contribution, but only asked to join the project, by installing the '10mila passi di Salute' billboards and signs, promoting the project and any other initiatives to promote health and correct lifestyles. In short, these are 'fly-wheel interventions' for qualified 'community projects' - as indicated in the '2021-2025 Regional

Prevention Plan', and they are fundamental because they involve people and associations, doctors and experts from different fields, through a medium term interdisciplinary and interinstitutional programme that aims at making routes easily accessible, encouraging and promoting physical and motor activity for all, through the maximum involvement of citizens of all ages, walking groups and active local associations' (UISP – the Italian Union Sports for All, the Pensioners' Association, the Volunteer Association, FIASP – the Italian Federation of Amateur Sports for All, Nordic Walking, grassroot organisations, etc.), all invited to attend and promote the routes.

So thanks to great 'teamwork', carried out with incredible commitment and enthusiasm for common goals, all together we have activated, consolidated and strengthened this 'Network of 70 Municipalities'- 'active communities', unique in Italy, concretely attentive to the issues of health promotion and prevention (editor's note: requests to join by other municipalities are growing).

On behalf of Federsanità ANCI FVG a heartfelt thank you goes to all those who participated in the creation and development of this Health route. First of all, thank you to the Vice President of the FVG Region and Councillor for Health services, Riccardo Riccardi, and to the Central Director of Health, Gianna Zamaro, who, from the very beginning, believed in this simple yet innovative project, that enhances and coordinates significant local resources.

A project supported through constant commitment by the 'Technical and scientific coordination committee' comprising Luana Sandrin, representative of the Central Directorate for Health, Social Policies and Disabilities of the Region, Tiziana Del Fabbro, Regional Secretary of Federsanità ANCI FVG, Laura Pagani, professor of the Department of Economic and Statistical Sciences of the University of Udine, together with Demetrio Panarello, for the scientific evaluation of the project and Alessia Del Bianco Rizzardo, Cultural Area of PromoTurismo FVG.

Federsanità ANCI FVG was given the task of coordinating the projects, communication with the municipalities, creation of posters and signs, brochures, local presentations and regional and national promotion through Internet, mass media, social media, etc.

Besides the great interest FVG IN MOVIMENTO aroused at national level, through Federsanità, ANCI and the regional organisations and that today constitutes a format of great interest and a 'best practice' to implement the National and Regional Prevention plans, from Spring 2021, at the request of PromoTurismo FVG, it will join the 'Take it Slow', the Italy-Croatia Interreg project through the enhancement of the 'FVG in Movimento - 10.000 passi di salute' itineraries.

Currently (April 2022), we are engaged in theoretical-practical courses for 'Walking group coordinators', under the scientific coordination of the degree course in Motor Sciences at the University of Udine. In the next months, once again coordinated with the

municipalities and associations, we will start physical and motor activity courses in the municipal gyms with the collaboration of graduates in motor sciences.

At institutional level, a heartfelt thank you for the fruitful collaboration goes first of all to ANCI FVG, to the President, Dorino Favot, who participated in numerous initiatives on the territory and to the Secretary general, Alessandro Fabbro, also a member of the Call Commission, as well as to all the staff of ANCI FVG for the remarkable support and frequent communications to the municipalities.

For the development and strengthening of this 'Health Network', now and in the future, the strategic role played by the municipalities (local administrators, managers, technical referents and all operators) together with the health authorities (prevention departments), all the very active associations and walking groups of which Friuli Venezia Giulia is rich, the chemists, family doctors and many other people and active protagonists, is fundamental.

In the end, a special thank you goes to Katya Fontanini and the entire staff working at 'Art& Grafica' for producing the billboards and brochures in Italian and English, that, with the collaboration of PromoTurismo FVG, will soon be printed. Thanks to the translator, Giuliana Bonifacio.

The maps and photos of the routes provided by the municipalities are of high quality and allow us to see itineraries and environmental, cultural, historical and artistic beauties of evocative places, that are mostly small and medium-sized places of Friuli Venezia Giulia, going from the sea to the mountains, and with lakes, rivers, rural architectures, mills, historical findings and so much more.

The billboard texts are in Italian and English (editor's note: for the municipality of Duino Aurisina, the second language is Slovenian) and are promoted through the project website and social networks, www.federsanita.anci.fvg, www.invecchiamentoattivo.regione.fvg.it, www.turismofvg.it as well as through the Qrcodes of PromoTurismo FVG and municipality websites and social media.

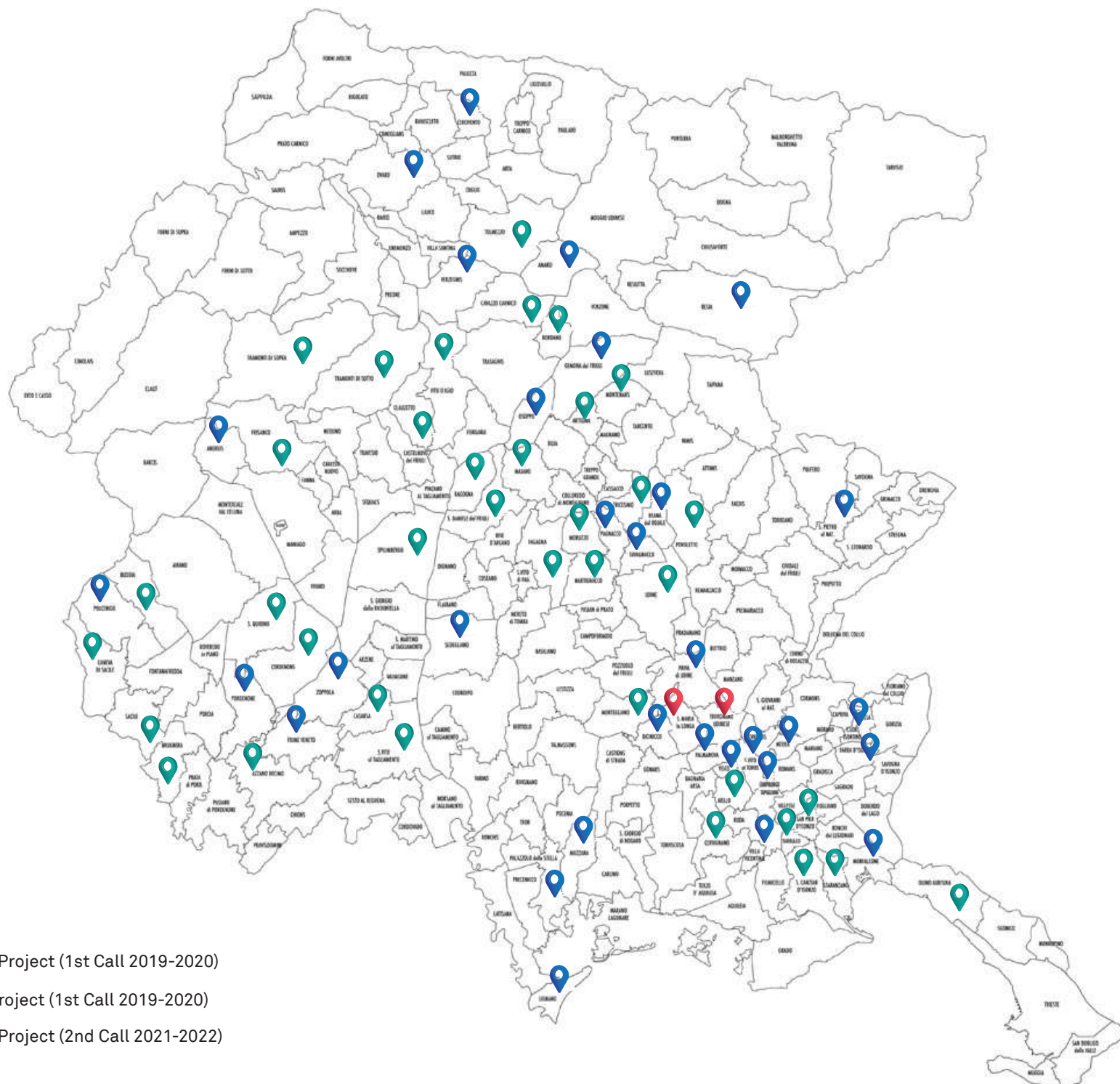
We believe that in Friuli Venezia Giulia, also thanks to this project, we are all together implementing 'on the filed' the 'Health and Equity in all Policies' WHO strategy (The Ottawa Charter, 1986), the 'One Health' Strategy (WHO), the 'Agenda 2030' (UN), as indicated in the 2021-2025 FVG Regional Prevention Plan. Together with the organisations and local authorities, we are doing so through actions and choices useful for making a real change that will go from the sharing of principles to the concrete implementation of 'Good Practices'.




One step at a time, with an invitation to all to walk every day, whether alone or in company, not only because it is good for you, but also because it is pleasant and enjoyable; it is a way of meeting people and letting everyone know about the treasures and beauties of Friuli Venezia Giulia.

President of Federsanità ANCI FVG
Deputy Vice President of Federsanità nazionale
Giuseppe Napoli

*It would be enough to take
a walk through nature, to
stop for a moment to listen,
to get rid of the superfluous
to realise that not much is
needed to live well.*

(Mario Rigoni Stern)



-  Municipalities participating in the Project (1st Call 2019-2020)
-  Municipalities affiliated with the Project (1st Call 2019-2020)
-  Municipalities participating in the Project (2nd Call 2021-2022)

Project Time Schedule

Milestones, November 2018 – July 2022

2018

“Project for the promotion of routes for physical exercise, movement and well-being”, Art. 9, paragraphs 25 - 27, Regional Law no. 25 on “Intersectoral Financing Regulations” of 6 November 2018;
Activity plan 1 December 2018 - 30 November 2020, financial reporting extended to 31 March 2021.

2019

Initial workgroup including the Health Directorate, Federsanità ANCI FVG, Department of Economics and Statistics of the University of Udine for the definition of the project, coordinated logo-image, communication plan and project assessment plan.
Establishment of the “Technical-scientific project coordination committee”, composed of the representatives of Federsanità ANCI FVG, Health Directorate, Department of Economics and Statistics of the University of Udine and PromoTurismo FVG.

Definition of the Call for Tender for FVG municipalities

20 June – Presentation of the Friuli Venezia Giulia on the Move. 10 thousand steps of Health project and call for tender, meeting at the FVG Region headquarters in Udine, on urban regeneration for health, in collaboration with FVG UISP and national UISP.

From 1 July to 15 October, Online publication of the First Call for Tender “FVG ON THE MOVE. 10 thousand steps of health” dedicated to the Municipalities of Friuli Venezia Giulia, 38 Municipalities took part (among leading municipalities and partners).

Transmission of the call for tender to all 215 Municipalities of Friuli Venezia Giulia, by Federsanità ANCI FVG and ANCI FVG.

Establishment of the “Call for Tender Commission”, composed of the Coordination Committee and ANCI FVG representative.

38 Municipalities were granted contributions for the realisation of accessible and sustainable routes, as well as for the realisation and installation of the coordinated billboards and signs.

August – September Presentation of the Call for Tender on the territory, in four locations of the Region

Design and realisation of billboards and signs by the contracted company

New requests of participation by Municipalities of Friuli Venezia Giulia and following request to the Region.

Decree no. 2595 of 26 November 2019 on the assignment of “supplementary resources”, 1 February 2020 – 30 September 2021, in relation to the “Project for the promotion of routes for physical exercise, movement and well-being”, Art. 9, paragraphs 25 - 27, Regional Law no. 25 on “Intersectoral Financing Regulations” of 6 November 2018.
Activity Plan: 1 February 2020 -30 September 2021.

2020

January – July, The Municipalities design the routes

Design and installation of billboards and signs by the contracted company.

Conduction of surveys and submission of questionnaires for all the local administrators and specialists of the Municipalities participating in the project, by the Department of Economic and Statistics Sciences (DIES) of the University of Udine.

Conduction of surveys and submission of questionnaires for all those participating in the presentations, by the Department of Economics and Statistics (DIES), of the University of Udine.

Publication of the first Intermediate Assessment Report, period 1 January 2019 - 31 May 2020, by the Department of Economics and Statistics of the University of Udine.

31 July, in Turriaco, presentation of the first route “of the Lower Isonzo”, accompanied by billboard and signs.

From July to December, presentation and promotion of the routes, by Federsanità ANCI FVG, DC Salute, DIES UNIUD and PromoTurismo, together with local administrators and representatives of the Associations; with every presentation of new routes, communication and promotion initiatives were carried out on internet websites, and social and mass media of the Municipalities and project partners (e.g. press releases, interviews, etc.).

Continuation of billboard and sign production, installation and presentation in the entire regional territory.

Decree no. 2185 of 5 November 2020 Regional Law no. 25/2018, Art. 9, paragraphs 25, 26 and 27 – Intersectoral Financing Regulations. Reservation decree in favour of Federsanità ANCI Friuli Venezia Giulia. “Aim: to support the project already started and to follow up on the development of activities, in the municipalities, that encourage the population to exercise and walk, thus developing the culture of movement and well-being, as included in the programme for the promotion of physical activity of the 2014-2019 Regional Prevention Plan”.

Second Call for Tender “FVG ON THE MOVE. 10 thousand steps of health”, published online from 15 December 2020 to 15 March 2021 and published through Federsanità ANCI FVG and ANCI FVG.

Second Assessment Report, by DIES UNIUD, 1 June - 31 December 2020 period.

2021

Following the meetings of the Call for Tender Committee, **a total of 32 municipalities were granted contributions,** approximately twenty requested contributions for the improvement of the routes (urban furniture, etc.) while the others only for the production of billboards and signs.

30 March 2021, operational Web conference with all the Municipalities that participated in the Call for Tender.

31 March 2021, Financial reporting on the first project contribution (extended due to the COVID-19 emergency).

7 April 2021, Web conference “World Health Day” OMS - “Urban setting and territory to promote health”.

30 April, Activation of a FB page dedicated to the Project.

5 May, Online publication of the first brochure on the project with routes of the Municipalities of the first Call for Tender.

25-26 June, The Italy-Croatia Interreg event “Take it Slow” presentation in Lignano Sabbiadoro with the participation of the presidents and managers of Federsanità ANCI Sicily and Calabria, ANCI Calabria and of the Coordinator of the Regional ANCI.

16-19 September, in San Daniele del Friuli, S.I.C.S. (Italian Society Sports Cardiology) National Conference, presentation of the project, with posters, by Dr Lucio Mos, President of S.I.C.S.

30 September, financial reporting on the second contribution.

April – December, production and installation of billboards and signs for the Municipalities of the Second Call for Tender

2022

January – June, completion of the presentation of the routes for the entire Region, including a total of 56 meetings with approximately 1,500 people.

March – May, design and activation of “Theory-practice courses for Walking Group Coordinators – Walking Leader”, under the scientific coordination of the Degree Course in Motor Sciences of the University of Udine, Prof. Stefano Lazzar, with 8 meetings in the entire Region, and participation of about 350 people

March – September Agreement with the University of Udine, Prof. Stefano Lazzar, Coordinator of the Degree Course in Motor Sciences of the University of Udine

From 1 to 4 March, in Chicago, International Conference “EPILIFE STYLE” - American Heart Society – presentation of the project poster, by Dr Lucio Mos, formerly President S.I.C.S.

10 March, Journalist training course, on a national platform, project presentation by Tiziana Del Fabbro and Alessia Del Bianco Rizzardo

7 April – World Health Day, in Amaro, practical part of the Course for Walking Group Coordinators – guided walk by a graduate in Physical Education from the University of Udine. In addition, in the Municipality of Amaro, a meeting, hosted by “Gianni Cosetti Carnia and Tarvisiano”, was held with the representatives of Upper Friuli Slow Food, for the presentation of

the “In campo Assieme” project and the last intervention by the contact person of “Slow Medicine” Friuli Venezia Giulia.

From 4 to 6 May, in Lisbon, presentation of the project at the “EuroHealthNet” Meeting “Projects and best practices” for Promoting Health and Prevention”.

Events, walks and encounters, Interreg Italy-Croatia “Take it slow”, coordinated by PromoTurismo FVG, organization of educational outings along the FVG in movement routes, with some primary school classes of the region, to promote movement, healthy diet, and enhance the territory (cultural, architectural, naturalistic, historical aspects).

9-10 June in Ancona, XIX National Meeting Italian Healthy Cities Network WHO - “Health through experience and innovation: from good practices to new challenges”, presentation of the project.

June, Specific training for tourist and nature guides, Info points etc., by PromoTurismo FVG.

July 2022 – July 2023, Conference with the Regional Association of Motor Science Graduates, “Sport & Fun”, for physical and motor activity courses in municipal gyms.

July Publication and update of the online Brochure, with all the 59 routes for 70 Municipalities, in Italian and English.

From October 2022 to May 2023, activation of the “Physical and motor activities in municipal gyms”, in collaboration with the Association of Motor Science Graduates of FVG and coordination of the Motor Science Course of the University of Udine, with the participation of about 20 Municipalities of the Region, together with local Associations.

Note:

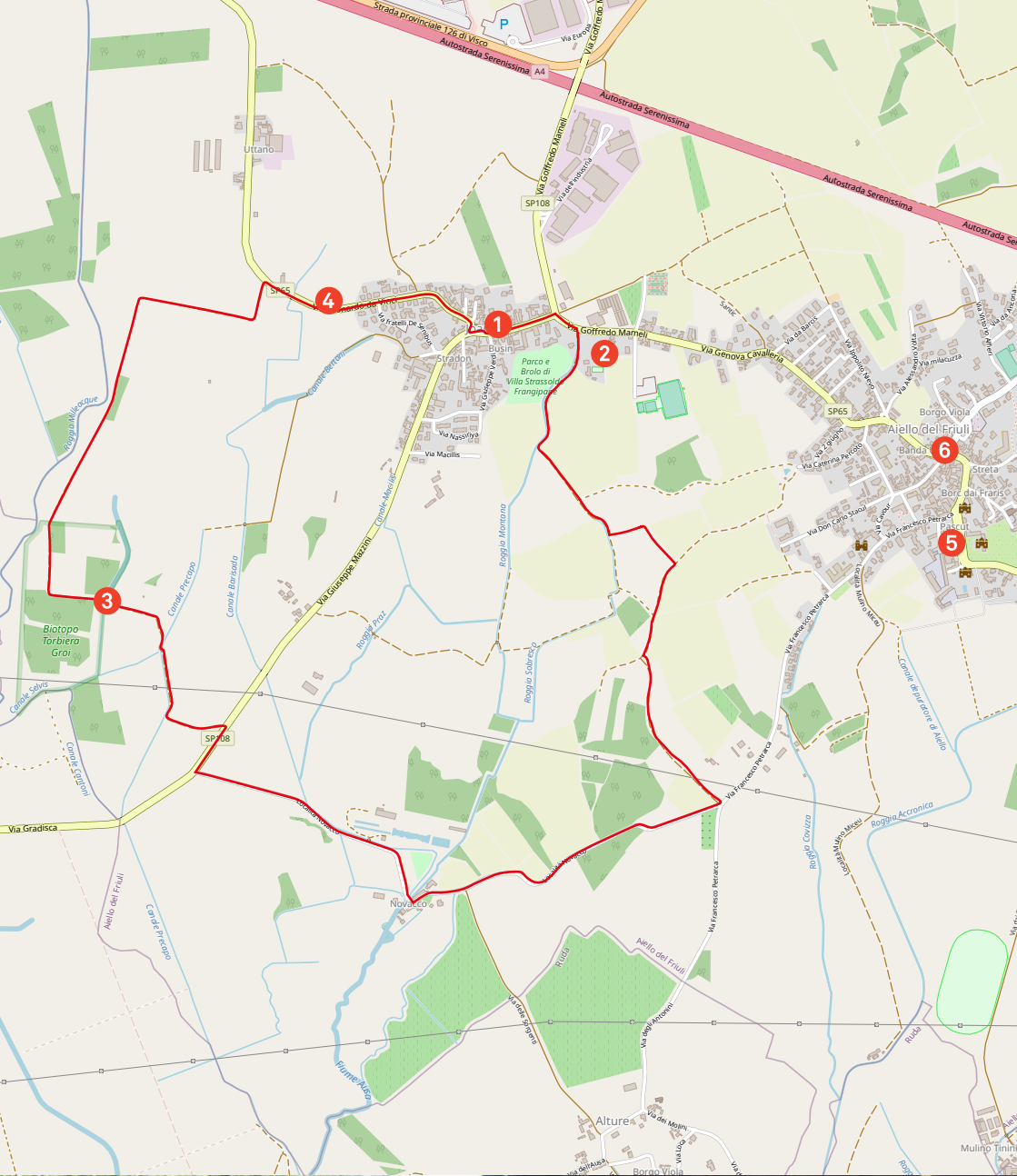
Since the beginning of the project, the communication and promotion activity of all the initiatives for providing information and promoting the enhancement of the municipalities that adhered to “A Network of 70 Municipalities for 59 Routes in FVG” (highly appreciated at a national level, and not only) has been very intense and has been carried out through internet websites and the social media of the project promoters, FVG region, municipalities, local associations, walking groups and the growing number of partners of the “Active ageing in FVG” Internet website, local and national media (thousands of views and contacts, also through social groups, etc.).

The growing number of spontaneous and autonomous initiatives of numerous Municipalities and Associations are also very significant. They recall themes of strolls, outdoor walks, etc. – “flywheel effect”; “positive contamination” to promote Health, Prevention and Well-being, through the dissemination of “healthy and pleasant lifestyles”.

SUMMARY

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THE 'GREEN ROUTE' OF AIELLO



The 'Green Route' joins the most significant places of Aiello del Friuli and Joannis. The starting point is in Joannis, near the beautiful **St. Agnes's Church (1)**. After a short stretch on paved road, passing in front of some Austro-Hungarian villas, you reach **Villa Ines (2)**, and from here a path winds through the countryside of Aiello. A part of the route is entirely covered by trees, to the point that it is called 'the Gallery'. The path leads to the beginning of the carriageable dirt road and then to Novacco, an old-time village where the water flowing between the houses recalls one of the ancient mills that once characterized the area. Continue along the route until you reach the road that connects Strassoldo with Joannis. Cross the road and follow it for about 50 metres. Particular attention should be paid when crossing the road due to intense traffic. Next, take the country path, and after about 20 minutes you will reach an area called 'groi' (3), a magical place, among springs and cultivated fields, one of the few surviving peat bogs of glacial origin that can still be visited in the Friuli Venezia Giulia Region. A pleasant landscape, with enchanting panoramic views

of the villages nearby, accompanies the wayfarer when returning to Joannis. The main road between Privano and Joannis is abreast of the wonderful Medieval 'Centa' (4), an ancient defensive construction. Then, once you have reached the footpath, you can safely return to St. Agnes's Church. There is still time to visit many other unforgettable places. Almost everywhere you can see the sundials that have characterised the area for decades. Most of the sundials are found in the 'courtyard of the sundials', within the 'Museum of Peasant Civilization' (5), which alone would deserve a trip to Aiello. The churches present in this area are also worthy of a visit. The most popular church is **St. Ulderic's Church (6)** in Aiello, the destination of the first stage of the important 'Celestial Way', a route for wayfarers that leads thousands of pilgrims from Aquileia to Mount Lussari every year. The oldest church is **St. Nicholas's Church**, near Crauglio. Another interesting church to visit is **St. Dominic's Church**, unfortunately today in a state of degradation. The church is located in the endearing 'Borgo dei Frati', a friar hamlet rich in history and culture.



Route general data

-  8 km
-  2 h
-  dirt road
-  paved road
-  pet friendly
-  accessible road



'AT DONKEY'S PACE' ROUTE



The route is about 4 km long, physically nondemanding, since it is almost all on level ground. It starts from the parking lot in Via Stazione, passes through the town centre and continues along the stretch of the cycle-pedestrian path which runs along the old railway, until it reaches the sports field. In this area you can often see donkeys which are typical of Amaro and were once used to carry loads on mountain tracks. In the permanent pastures before the entrance to the Amaro countryside, called the **lots** (1), there are numerous rare spring ophrys orchids. Crossing the '**Boscut di Serio**' (2) wood, you are welcomed by squirrels, dormice and green peaks moving among poplars, ash trees and maples. You will also find a wide variety of edible herbaceous species such as dandelions, hops and the bladder campions or other herbs such as wild garlic and garlic mustard. Along the wooded path, among Scots pines, hazelnuts and acacias, it is not uncommon to meet hoopoes, pheasants and woodcocks. The whole walk is dominated by the majesty of Mount Amariana (1906 m), whose peak can be reached through path no. 414 of the Italian Alpine Club (CAI) that starts from the upper part of Amaro.

Continuing your walk, you come to a stretch of paved road that leads to the pond of the **old Rainis Mill** (3), now in ruins, where you can find various species of birdlife such as the red-crested pochard, cormorant, kingfisher and nightingale. In these environments, it is not uncommon to encounter blooms of marsh gladiolus and yellow flag iris; the ichthyofauna is composed of trouts, chubs, carps and shrimps. Continuing on the road, pass by the votive altarpiece of Our Lady of the '**Çoc**' (4), reach the end of the route and, through the underpass of the former railway, meet the Fella River on one side and, on the other, the road to Campiolo, a stretch of the Romea Allemagna, from which you can see the **Favarinis Stream waterfall** (5). Among the sparse grassland, you can find sea buckthorns, willows and Scots pines and, swimming in the streams, marble trouts, brown trouts and graylings. The difference in height of the route is minimal and the travelling time is about 60 minutes. The route is suitable for everyone; people with reduced mobility may find it difficult, as most of the route is not asphalted.



Route general data



4 km



1h 15'



dirt road



paved road

pet
friendly

Amaro

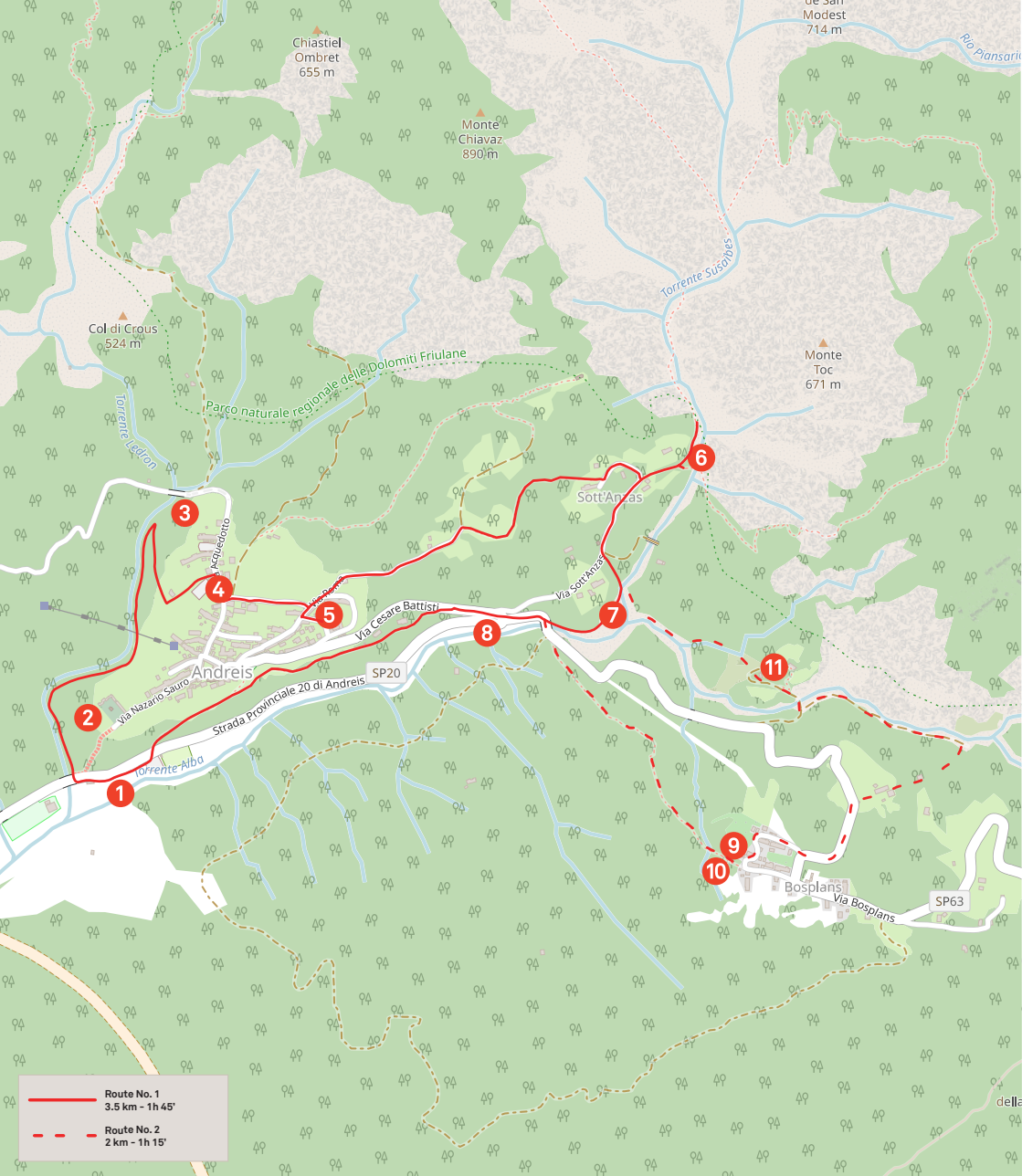
www.comune.aiellodelfriuli.ud.it

THE RING OF ANCIENT TRADES

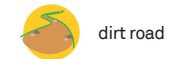
The **Ring of Ancient Trades** is divided into two routes. The first one starts from the **'Al Pical' area (1)** and runs alongside the Ledròn Stream, crossing a mixed forest where you can see the ruins of two **mills (2)** and a **blacksmiths workshop (3)**. The path then climbs to the **old dairy (4)**. The path then climbs to the **old dairy (4)**, now used as Information Centre of the Friulian Dolomites Park. From this point the birdlife area with the aviaries of birds of prey can be easily reached. Along the route that leads to the **Favria (5)**, the old blacksmith's workshop, you can admire two refined capitals, while nearby, in the square of Andreis, you can visit the Ethnographic Museum. The town centre still preserves three historic fountains and typical stone houses with wooden balconies called 'daltz'. Along the streets, signboards display the poems by Federico Tavan, the poet who sang his village, Andreis, with great intensity. The route leads to the St. Daniel Church and to the bank of the Susaibes Stream, where there are two **old lime kilns (6-7)**, once used for limestone processing. Here you can also visit an important geosite where you can admire the signs of the collision of the continental plates on the rock walls. A photo signboard indicates the presence of a **mill (8)** just before the old path of the Cordata (or Crodata), with

its restored dry stone walls. Return to the starting point, at the caravan park and picnic area, both with easy access to the Alba Stream and with a panoramic view of the mounts Raut and Castello. The second route starts at the bridge over the Alba stream. It retraces for a good distance the ancient 'Par Crous' road that connected the whole Valcellina with the upper Friuli plain. The route, surrounded by greenery, leads to the historic **Bosplans fountain (9)**, dug into the rock, where it seems that Attila himself quenched his thirst.

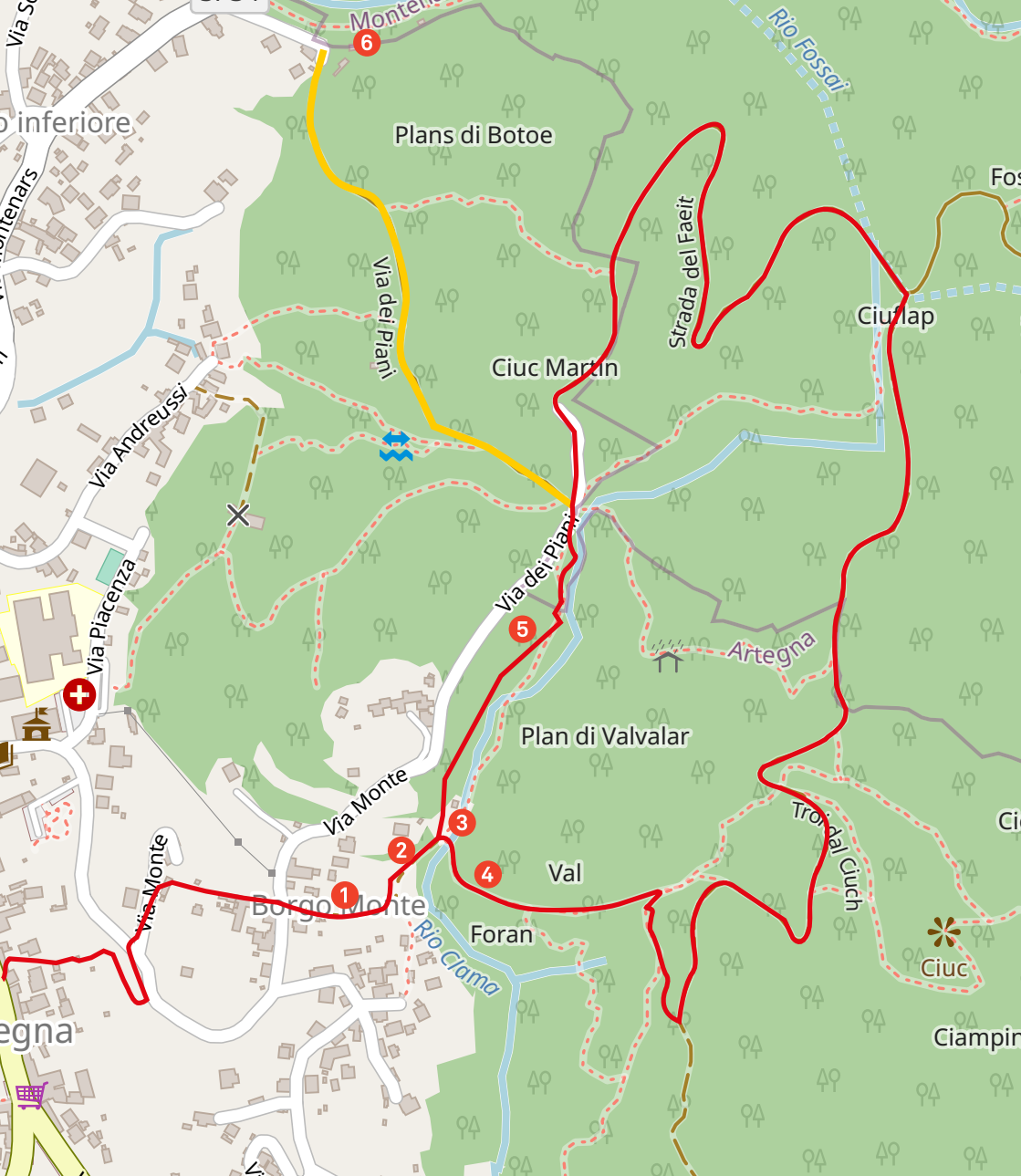
In front of the fountain there is the old **Bosplans dairy (10)** to witness the intense cheese production activity of the past. Bosplans is a hamlet of Andreis: here too you can find the typical houses with the 'daltz' which can be accessed through the 'puarta da li scjalis', meaning in Friulian 'the door to the stairs'. Nearby on the banks of the Alba Stream you can enjoy a relaxing rest in summertime. End the route with one last stop at the warm-welcoming **Scout Base centre (11)**.



Route general data



THE 'MOUNT FAEIT SLOPES' ROUTE



The route is about 4 km long and is a smaller part of the path called 'Faeit Mount', marked along the route with red and white signs. It is a steeper climb and therefore requires greater physical effort.

The walk starts from the main street of the village and, unwinding among the houses, continues along a path through the wooded area adjacent to the residential area adjacent to the inhabited area, which leads to via Monte. It is also possible to start directly from the car park in via Monte and then continue along the paved road.

After this first stretch, take the old dirt road that leads to the hamlet of 'Mont' - Borgo Monte (1).

At the end of the dirt road, you will find the sign indicating the Faeit Mount naturalistic path, which, for a short distance, winds among the houses, following some dry stone walls. Along the path, a little further on, you can see the centenary washhouse of 'Mont' (2), built near the Clama Stream.

From the washhouse, after having passed a small bridge (3), take the old road that leads into the woods.

From here, it is also possible to take the **typical Mount Faeit path (4)**, which is much more demanding.

The landscape along the **forest dirt road (5)** is rich with trees and rocks, and is softened, in spring, by beautiful bloomings of primroses, violets, crocuses, two-leaf squills and dog's tooth violets.

Continuing on the road, you come to a crossing with the paved municipal road, a not very travelled road, from which, by turning left, you can close the ring, thus returning to the south. Instead, by turning right, at a certain point, you descend towards the Orvenco River, from where you can take other paths such as the **'path of the waterfalls'** which leads to a very suggestive area along the Orvenco River. Here, in the **hamlet of Salt (6)**, is another old washhouse (in the past, about a dozen washhouses were present in this area).

The walk can be concluded by taking the way back towards the residential area, from where you started.



General route data



4.0 km



1 h 20'



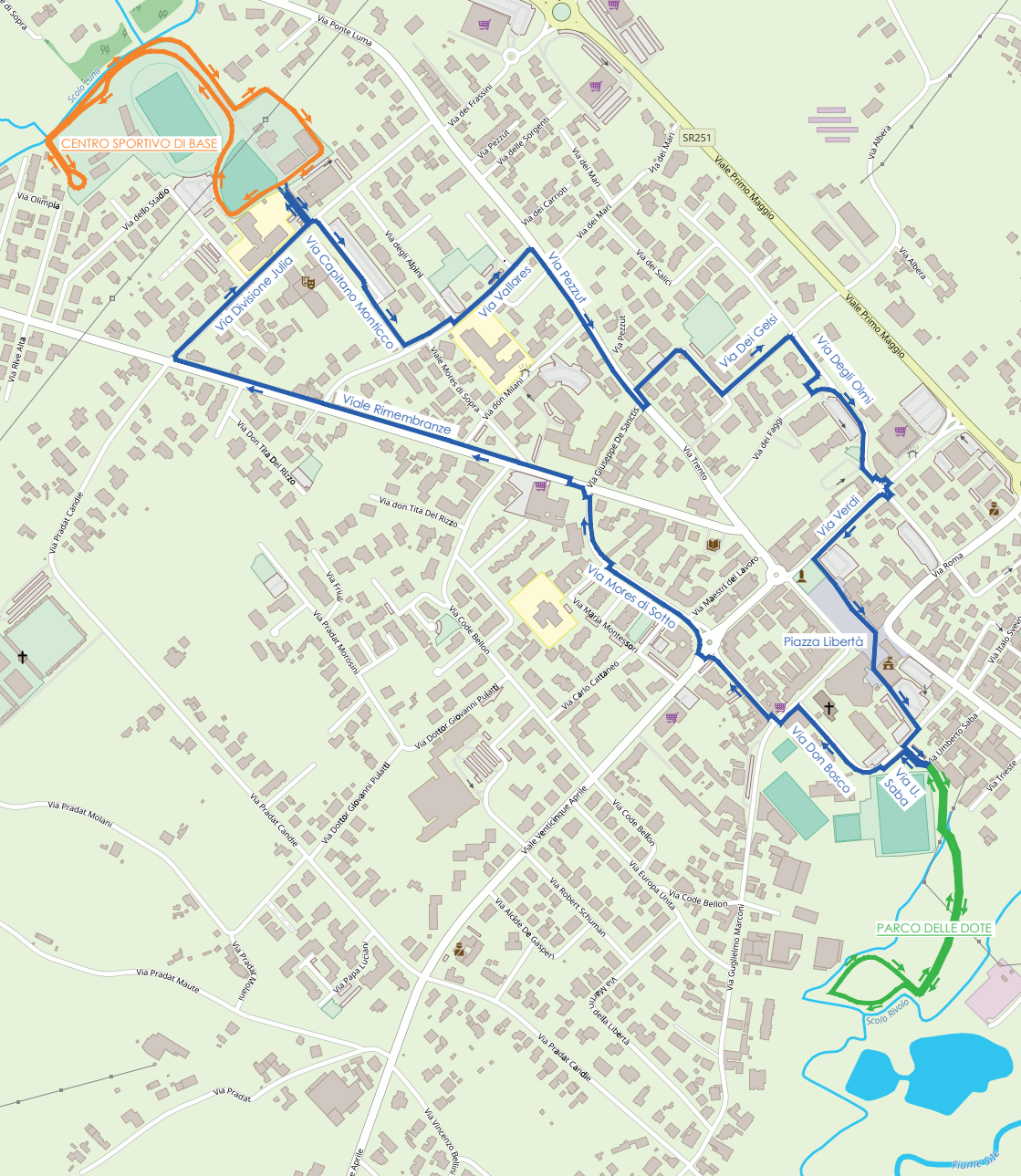
dirt road



pet friendly



The 'cammina.AZZANO' walking route



Circuit 1 – Sports Centre, via Divisione Julia (1250 m)

The first circuit of the route develops within the **Sports Centre**, where a gravel path of 1250 m unwinds among the trees and several sports fields (football, softball, tennis and basketball). This part of the route is illuminated and equipped with benches, bins and areas dedicated to outdoor workouts.

Circuit 2 – Town streets and squares (3500 m)

The second circuit develops along town streets and squares, and ends in Via Umberto Saba. It then passes through Dote Park (circuit 3) and starts again in Via Umberto Saba, continuing along other streets. The route comes to an end in the Sports Centre (circuit 1).

One of the points of greatest architectural and visual interest is Libertà Square (renovated in 2001) with the façade of the **Town Hall** overlooking the large pedestrian area with the gardens and fountain. After Dote Park, other interesting sites to be admired are the façade of the **Archpriest Church** with its important marble altars (second half of the 18th century) dedicated to St. Peter Apostle, and the

Monumental Bell Tower, project of architect Domenico Rupolo, 100 years old in 2021, an icon and symbol of Azzano Decimo.

Circuit 3 – Dote Park (approximately 900 m)

The third circuit starts from Via Umberto Saba, with a first paved section, while the remaining part is on a stabilized natural gravel pathway 2.5-3 m wide in average. The route is partially illuminated. The circuit develops among areas with trees, two small **artificial lakes** and the **Rivolo Stream**. There are several shaded areas, rest areas with benches, tables and bins.

The circuit is suitable for people with disabilities or using a wheelchair. It is currently approximately 900 m long and it may be lengthened in the future with other circuits in compliance with the park redevelopment project. The word **'dote'** indicates the area behind the parish church of Azzano. The term derives from the Latin word 'dos - dotis', which indicates a territory donated to the community that today has become a park in the centre of the village, a natural environment dedicated to leisure time.



Route general data



5.6 km



1 h



dirt road



paved road



pet friendly



accessible road



night time accessibility



RENATI ROUTE

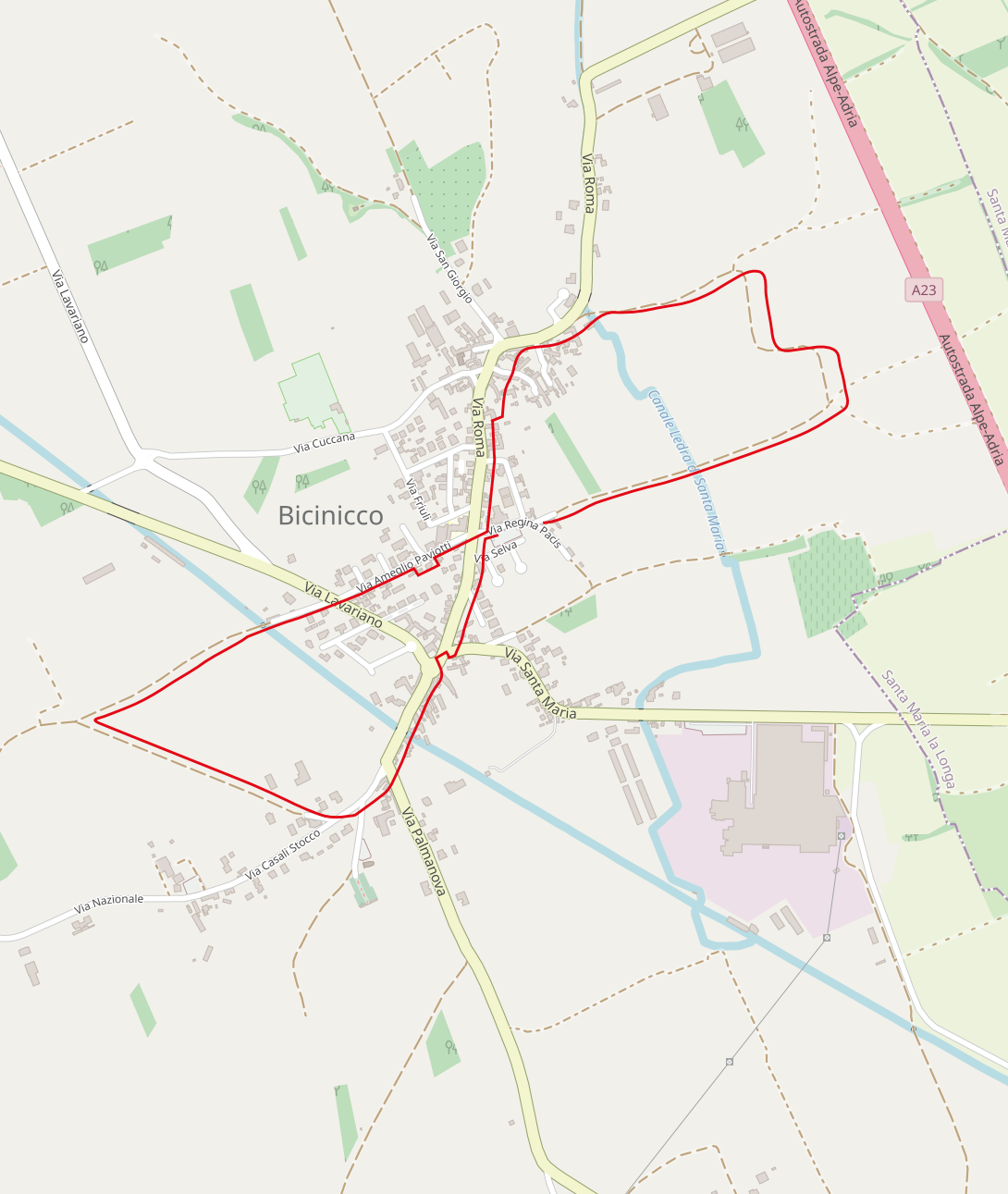
The **Renati route** develops in the town of Bicinicco along two rings of similar length (the first about 2250 m and the second about 2000 m, for a total of 4250 m).

The starting and ending point of the route is located in **Via Regina Pacis**, in the residential area of Bicinicco. This area is located near the kindergarten, primary schools and municipal library, in an illuminated and video-surveilled car park surrounded by green areas for relaxation and playgrounds. A drinking water refill station is also present here. These points are always easily reachable from the route. The route is suitable for adults and children, and can be accessed in any season. It is provided with signboards with information, is constantly under maintenance, and kept in good safety conditions.

The first part of the route winds along the footpaths of the residential area, then taking country roads. It ends on a paved road with footpaths. The second ring alternates between dirt and paved roads.

Along the way, you will encounter the typical flora and fauna of the Lower Friulian countryside. The first ring of the route will cross two bridges over the **Palma artificial canal**, a protected landscape heritage. It was probably built between the 10th and 11th centuries (although the first written proof of its existence dates back to 1171) as part of the recovery works of the Friulian territory made by emperors and patriarchs to uplift the area after it was destroyed by the Hungarians.

The route, also thanks to its position, aims to give new drive to outdoor physical activity, providing occasions to socialise. It also increases the knowledge and awareness of the surrounding area in the name of **slow living** (a slower, less hectic and healthier lifestyle, with spaces for relaxation and meditation).



Route general data



4.4 km



1h



dirt road



paved road

pet
friendly

Bicinicco

www.comune.bicinicco.ud.it

THE LAKE ROUTE

The Cavazzo Lake, also known as the **lake of the 'Three Municipalities'**, is the largest natural lake of Friuli Venezia Giulia. The lake, of glacial origin, has a maximum depth of approximately 40 m and is located at 195 m a.s.l. at the foot of Mount Festa and Mount San Simeone. It is located below the level of the Tagliamento River, which flows at about 3 km to the east. The lake is fed both artificially and by natural underground springs, which are real craters up to 2 metres wide.

The part of the lake route involving the municipalities of Cavazzo Carnico and Bordano is approximately 6 km long and for its entire length is mostly flat, with variable lane widths, crossing artificial bridges built on the lake and following paths surrounded by greenery.

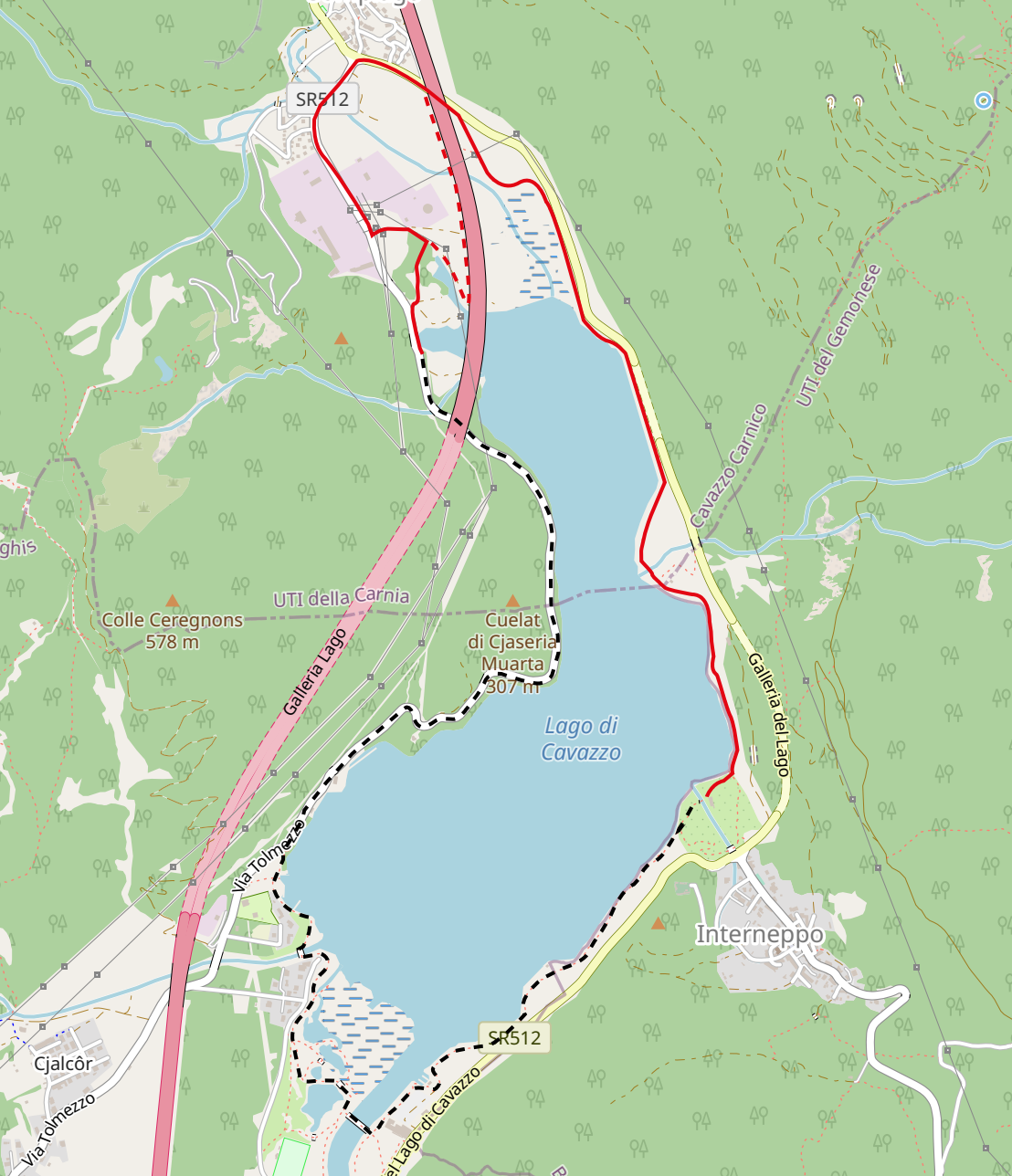
The lake ring is suitable for various sports and leisure activities, such as running, nordic walking and group walks. Besides land sports, the lake also offers the opportunity to practise water sports such as swimming, canoeing and windsurfing.

Along the route, it is also possible to stop at the rest areas equipped to offer visitors a comfortable place to eat and rest surrounded by a wonderful view and the sounds of the lake wildlife. For a unique cultural experience, visit the **museum** located on the lake bank in the Bordano area. The museum building is only a short way south from the route starting point. In summer, it offers visitors special events to explore the historical elements that characterised the Val del Lago area.

Note for visitors: the route does not finish at the borders of the Cavazzo Carnico and Bordano municipalities, but continues for the entire length of the lake in the municipality of Trasaghis.

It is therefore possible to complete the ring by following the existing route indicated in the map with a black dotted line.

The route develops partly on tracks and partly on a traffic road. In this area you can find various refreshment points, a hotel, a camping site and the A.S.D. Nautilago sports association.



Route general data



6.0 km



2 h



dirt road

pet
friendly

Bordano e Cavazzo Carnico

www.comune.bordano.ud.it - www.comune.cavazzocarnico.ud.it

WALKING ROUTE IN THE HISTORICAL, ARCHITECTURAL AND NATURALISTIC COMPLEX OF VILLA VARDA

The easy walk, also possible for **Nordic walkers**, starts and ends at the main gate of the 18-hectare park of the historical and architectonic complex of **Villa Varda**, along alleys, thickets and the **Livenza River**. The walk is about 2 km long, with an average travel time of 20 minutes.

The park took on its current form in the second half of the 19th century, when Marco Morpurgo, belonging to a wealthy family from Trieste, purchased the estate and started the renovation works of the buildings and rearrangement of the park to turn it into an English-style park. The romantic and picturesque atmosphere of the place is enhanced by the presence of the Livenza River which forms, to the North, a small cove protected by a small island, once the dock of vessels bound for Venice. Unfortunately, only a few specimens of the original plants are still present. Among these, the splendid incense cedar (*Libocedrus decurrens*), an important species due to its rarity and dimensions, which is found in the Villa's frontyard. Native to Oregon and California, this plant was brought to Europa only in 1853 and is one of the oldest specimen in Italy. Among the original plants are also the **Japanese pagoda trees** (*Sophora japonica*), on the parterre of the river shore,

brought to Europe in 1747 and to the Veneto Region in 1812; various **Chinese photinias** (*Photinia serrulata*), a rarity in 19th-century gardens, a species brought to Europe only in 1802 and to the Veneto Region in 1842; remarkable specimens of the **Eastern red cedars** (*Juniperus virginiana*) and the **Bhutan pines** (*Pinus wallichiana*).

Along the route, some buildings of remarkable architectural value can be admired: **the Manor (1)** with the older central body and 19th-century wings; the **Cantinon or Canevon (2)** dating back to the beginning of the 19th century with its **rose garden (3)**; the **courtyard and stables (4)**; the **bridge with pagoda (5)**, a chinoiserie bridge dating back to the end of the 19th century and reconstructed on the basis of old photos of the period; the **Oratory (6)** built in 1670, renovated by architect

D. Rupolo and frescoed by T. Donadon in neo-Gothic style at the beginning of the 20th century; the **icehouse (7)** with its tower; the **mausoleum (8)** with the burial chamber of the Morpurgo family, owner of the Villa until 1943; and the **orangery (9)**.


For more information visit: www.villavarda.it



Route general data

 2.0 km

 20'

 dirt road

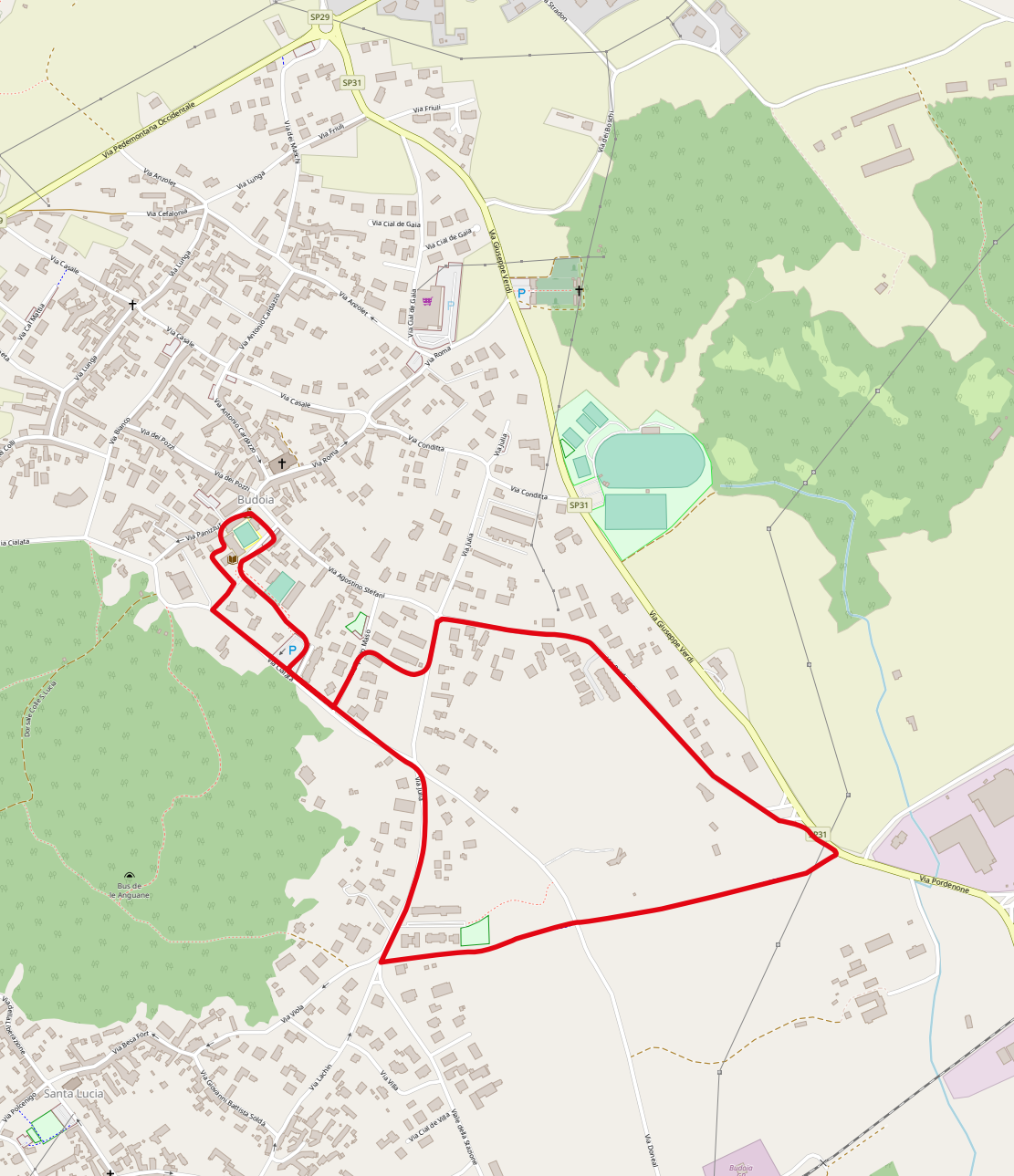


THE 'AROUND AND ABOUT BUDOIA' ROUTE

The circular route, with a total length of 3,300 m, is suitable for anyone, even families with children, and takes you for a visit through a part of the territory immersed in the peaceful countryside at the borders of the village. It starts at the centre of Budoia and unwinds along the wood that covers the nearby hills and the magnificent surroundings. The route, which is accessible all year round, is mostly flat, with only slight differences in height.

The circuit starts and ends in the square in front of the town hall, in the centre of Budoia, the capital of the municipality. From the square, pass the town hall and the school, and head towards the library. Through a small path, you will reach the border of the wood, near the starting point of the well-known **Gor nature trail**. The first stretch of the route develops at the foot of the hills of the Santa Lucia hamlet (to the north), along a **cycle-pedestrian path**. It then continues downhill until it reaches Via Doneal and then runs, for a short distance, along the area closest to the countryside of Budoia.

Along this stretch, the passage is closed to cars, and it is therefore possible to enjoy a quiet and relaxing environment. With a little luck, in the early hours of the day or towards sunset, it is also possible to spot some roe deer. From this area, you can admire, to the north, the peaks of Mount Cavallo, peeking out to the right of Mount Sauc, and, on your right, your eye can sweep towards the plain below. Arriving at the crossing close to the artisan area, the route climbs up to the left towards the centre of the village, while still remaining on the cycle-pedestrian path for about 1 km. Once you reach a small roundabout, keep left and cross the residential area until you reach the cycle-pedestrian path of Via Cialata, already covered at the beginning of the walk. From here you can reach the starting point in a few minutes, thus closing the route.



Route general data



3.3 km



1h



dirt road



paved road



pet friendly



accessible road



Budoia

www.comune.budoia.pn.it



The route develops in the Municipality of Campofornido ('Cjampfuarmit' in the Friulian language) for a total length of 3,115 m, with different starting points. The starting point on the southern side is the green area named '**Boschete Furlane**' (1), a wooded park whose planted species are typical of Friuli's hills and planes and contribute to conserving the local fauna. The area is provided with walking paths and playground areas for children with benches and a fountain. Nearby, there is a large area used as car-park with a purified water dispenser. The route develops both on portions of cycling tracks and on existing pavements with low traffic shared by both cyclists and pedestrians. The whole **Cjamina de Boschete Furlane** has various intermediate access points and is mainly flat with small slopes, except for a short part corresponding to the **railway underpass** (2) of Bressa ('Bresse' in the Friulian language). The route connects the small town of Campofornido, the administrative centre of the municipality, well-known for the famous 'Treaty of Campofornio' signed by Napoleon Bonaparte on 17 October 1797, to the **hamlet of Bressa** (3), where the 'Festa della civiltà contadina' a local event dedicated to farming and rural culture is periodically held, and then to the another route starting point on the northern side.

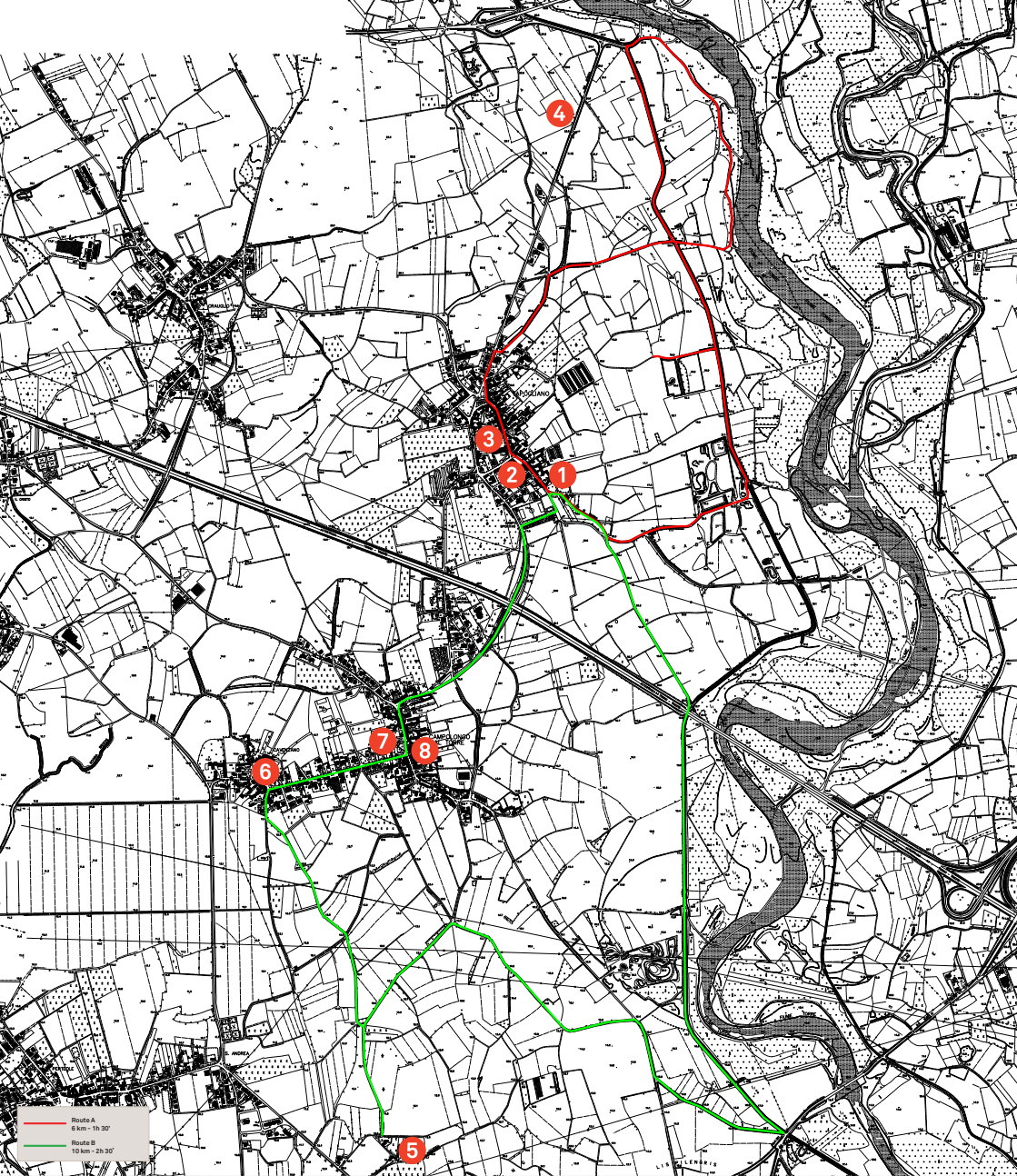
From this point it is possible to continue up to the adjacent municipality of Pasian di Prato ('Pasian di Prât' in the Friulian language). Part of the Municipality of Campofornido, known as the 'Municipality friend of bees', is the Magredi of San Canciano, located south of the State Road SS13 and about 2 km from the 'Boschete Furlane'. The Magredi are protected dry grasslands characterised by an important flora and fauna biodiversity. The Magredi area also has a significant historical value due to the presence of a protohistoric tumulus - Bronze Age. Centuries later, in the same place, the Parliament of the 'Patrie dal Friûl' used to meet here as witnessed by the quote of a session held on 14 July 1231, 'Actum in prato de Campofornio feliciter MCCXXXI', present on the municipal coat of arms. In recent times, the area has acquired symbolic meaning for the history of aviation. Another cycleway starts from this point, runs along the Provincial Road SP89 and reaches the hamlet of Basaldella ('Basandiele dal Cormôr' in the Friulian language). The Cjamina de Boschete Furlane is located at less than 10 km from the Cycleway Alpe-Adria-Radweg connecting Udine to Grado to south-east, and from the Cormôr bridleway to the north.



Route general data

- 3.1 km
- 1 h
- dirt road
- paved road
- pet friendly
- accessible road
- night time accessibility





The routes offered will take you for a walk deep in nature and history. Neither present particular difficulties and develop mainly on dirt and flat roads.

The first route crosses the town of Tapogliano, which is characterized by residential buildings having typical characteristics of rural architecture. The **St. Gaetano Sacellum (1)** is the first point of interest you will meet, then you will pass through the main square with the **St. Martin Church (2)**. The church presents a characteristic bell tower with an onion-shaped dome where a capsule, containing the original 1905 project, was found during a recent restoration. Continuing your walk, you will come across the **Villa Pace (3)** complex, rich with architectural details. Once out of the residential area of Tapogliano, you will find yourself immersed in nature and, walking along the higher part of the Torre River bank, you will be able to enjoy the surrounding nature and the numerous trenches of the **First World War (4)**, still very well preserved today. From here, a small detour will take you to an old clay quarry which has been restored and is today the destination of countless species of migratory birds and other animals.

The second route will guide you through the rural and natural landscape. As for its first section, this second section of the route runs along the higher part of the Torre River bank, an area included in the A.R.I.A. no.16 plan for territory protection and sustainable management. As you continue, you will see the many trenches of the First World War that are part of the defensive lines called 'Line of the banks' and the 'Line of the inhabited areas'. The journey will lead you to the **St. Leonard Church (5)**, a small building with a typically Friulian architecture, dating back to the XVII century. The town of Cavenzano is next, with the unique **Church of St. Mary of the Assumption (6)**, built between 1766 and 1795, followed by Campolongo al Torre with its splendid square, overlooked by **Villa Marcotti (7)** and housing the Town Hall and the **Church of St. George the Martyr (9)**, built between 1696 and 1736. Discover and enjoy the typical flora of the plain and its wild fauna along both routes.



Route general data



16 km



4h



dirt road



paved road

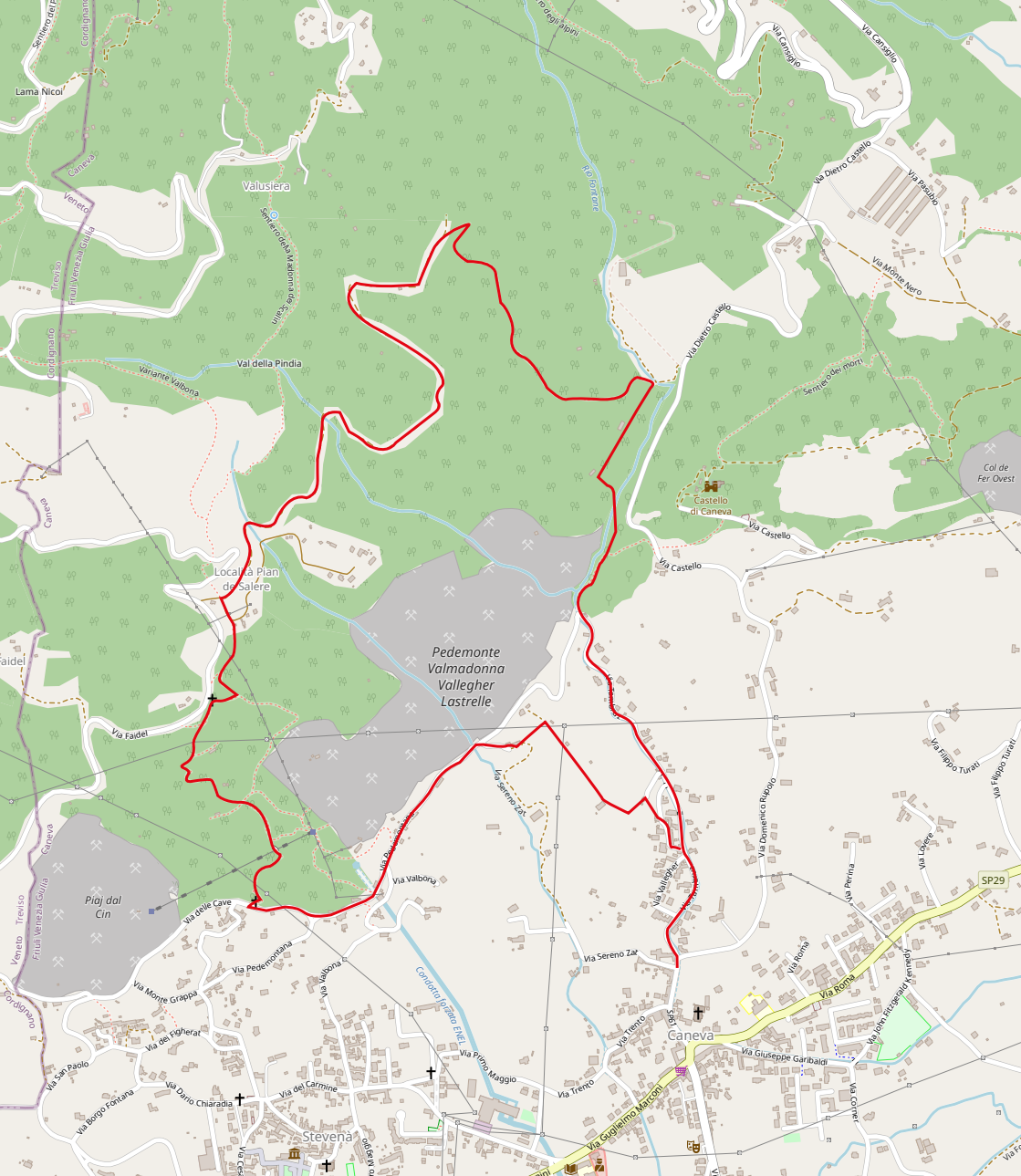


pet friendly



accessible road





The route winds through the reliefs that overlook the Stevenà area, in an evocative and wild natural landscape. For the most part, it follows paths and mule tracks, and only for a short distance two secondary roads of Caneva. It is suitable for non-expert hikers as it has a length of about 8 km and almost 400 m of positive altitude difference. It can be travelled all year round even if the weather can be very hot in summer. Lug sole shoes and good water supplies are recommended.

The route starts just upstream from the square of Caneva (where you can admire the century-old lime tree) near a historic fountain. Take Via Tambruz and follow it for about 1 km until you reach the mouth of the Bocca de Val, next to the entrance to one of the numerous quarries in the area of Caneva. It is right here in this strip of foothills that there is a precious 'vein' of pure calcium carbonate, locally known as 'Marmorino', listed among the geosites of Friuli Venezia Giulia. From here, take a mule track that climbs towards the **Castle of Caneva**, located at the top of the Col de Fer, in a particularly strategic position, where the remains of the ancient walls and splendid bell tower with the **church of St. Lucy** are still present today. Halfway up the slope, pass a quarry amphitheatre and deviate into the valley, then continue on the opposite side up to the hamlet known as the Red Land, 'Terra

rossa', due to red-brown colour of the ground and rocks (1.8 km from the start). The whole route is characterized with typical thermophilic vegetation: mainly Black Hornbeam, Manna Ash and Field Maple with a notable presence of Holly. The aridity, besides being related to the mild winter temperatures, is also, and above all, edaphic. The entire route is characterized by a deeply karst environment with stones with odd and fascinating shapes, 'machined' by millennia of corrosion! The path continues uphill with steep and relatively bumpy sections along a mule track, among ancient terraces now invaded by vegetation. Stretches of arid meadows make the route varied and wild. When you arrive on a forest track (2.5 km from the start), follow its gentle ups and downs (maximum altitude 400 m a.s.l.) until you arrive to Pian Salere (4.5 km from the start).

From here, along the **ancient path of 'Madonna degli Scalini'**, climbing up from Stevenà to the hamlet of Lamar and to Cansiglio, you descend to the **'Madonnina'** and end up at the foothill road (5.5 km from the start). The route is moderately steep, but splendid and suggestive. Continue along the paved road for about 1 km (6.5 km from the start), then detour to a dirt road which winds through fields and stretches of woods until it returns to Via Tambruz and the route starting point.



Route general data



8 km



2h 30'



dirt road

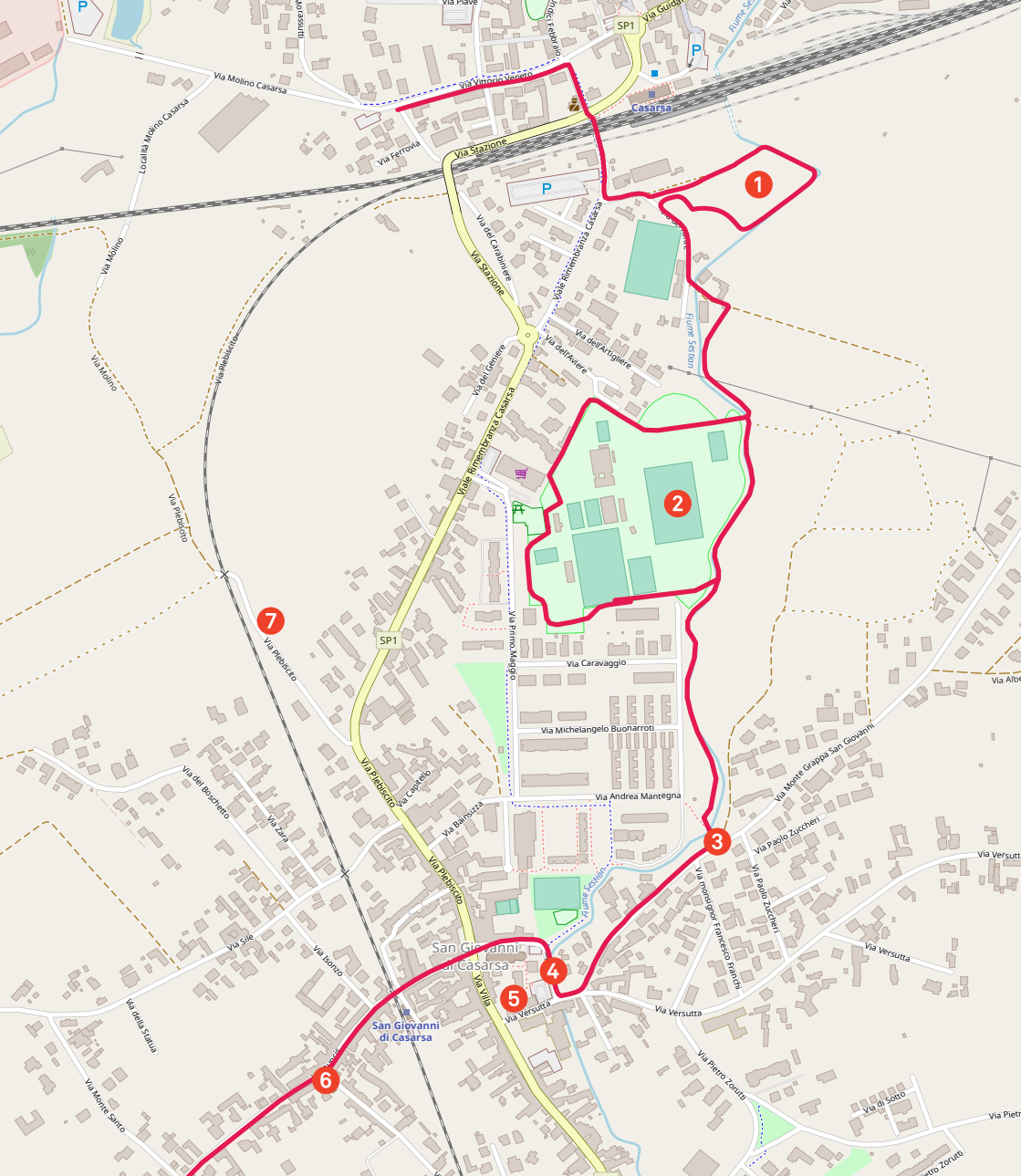


paved road



pet friendly






The route starts in Via Vittorio Veneto, next to the Piccolo Principe nonprofit organisation and the Noce foster home, and heads towards the railway station. From here, it enters the underground passage and reaches Via del Fante on the other side of the railway station and then turns left towards the old sports ground. Follow the route along the ring of the **green area (1)** and return to Via del Fante, near the bridge on the Mussa artificial channel. Cross the bridge and continue on the left bank of the artificial channel. After approximately one hundred metres, you will reach a bridge leading to the **park of the municipality Sports Centre (2)**, with a 1 km ring equipped for outdoor workouts. Once the ring (with a fresh water fountain near Piazzale Bernini) has been completed, continue following the right bank of the artificial channel until you reach and cross another **small bridge (3)**, which will lead you to Via Monte Grappa. Next, keep right on the pavement leading towards the square of San Giovanni, which you will encounter after having crossed the artificial channel again near an **old**

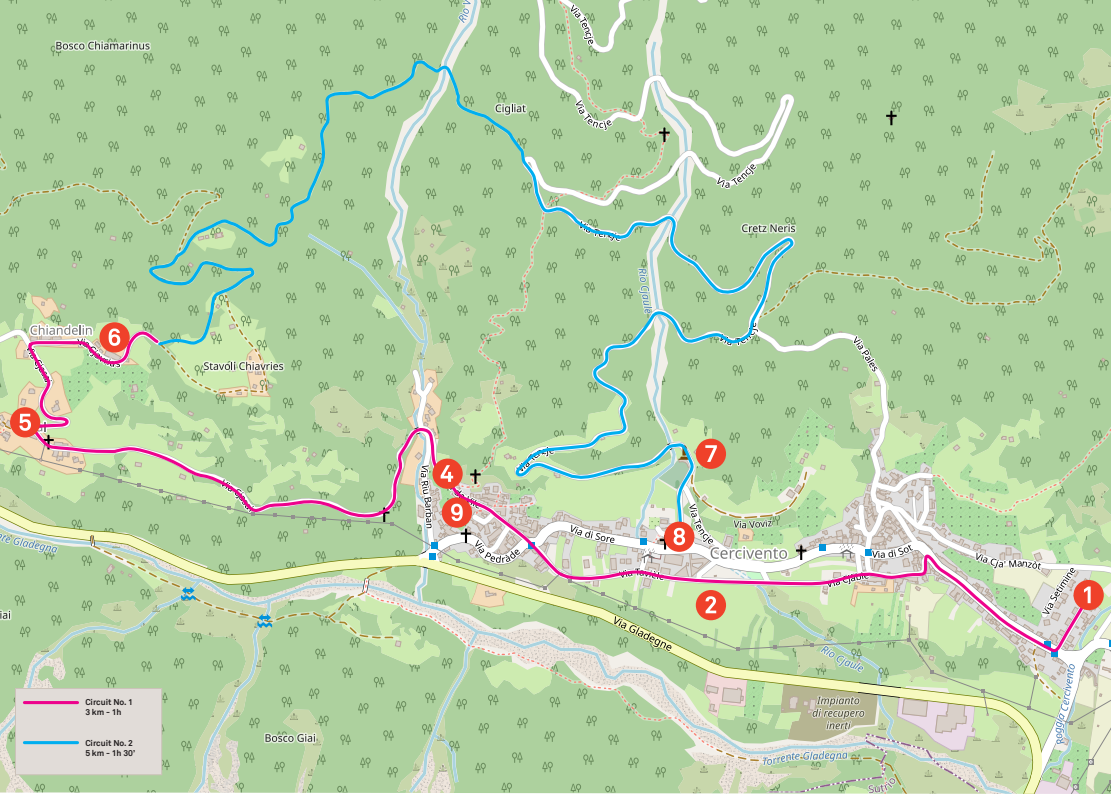
diary. From here, passing behind the **church (4)**, you will arrive in Piazza della Vittoria, where you can find a fresh drinking water fountain. After a rest below the suggestive **'loggia' (5)**, cross the Provincial Road (SP1) of Val d'Arzino and continue on Via Runchis. After a while you will pass the **small St. Urban Church (6)** and finally, on your left, you will reach the Cjasaluna nonprofit residence, where you can find another fresh drinking water fountain. To return to the starting point, follow the same route or follow the other ring (not marked on the map). Go back to Piazza della Vittoria, turn left and walk down Via Plebiscito up to the bend where it meets Viale Rimembranza. From here, take the dirt road that passes along the **old cemetery (7)** and the ancient Casarsa mill, until you reach the starting point.



General route data

-  3.9 km
-  1 h
-  dirt road
-  paved road
-  accessible road





The approximately 8 km route can be travelled on foot or by bicycle. It winds on paved and dirt roads and is suitable for everybody. It starts in the 'Plan da Farie' area near the ancient forge museum '**Farie di Checo**' (1). Passing through the village, you can admire photoceramic reproductions of masterpieces from the history of art on the facades of the houses: from works by Tiepolo to Raffaello, from Rembrandt to Caravaggio (via della Misericordia). In the countryside, known as 'Taviele', you can find **fields of officinal herbs** (2) still cultivated today according to ancient traditions. Along the route you can see the mosaic works (via della Fede) made by Father Marko Ivan Rupnik. In Cercivento di Sopra there are paintings representing the life of Mary, ceramic reproductions of Raffaello's Transfiguration and Michelangelo's Last Judgment. These works are inserted in a context of courtyards and **historic houses** (3) dating back to 1600. Continuing your walk, you will find yourself in front of the **Crist di Tof** (4), an ancient cross dating back to 1754, which, in the past, marked

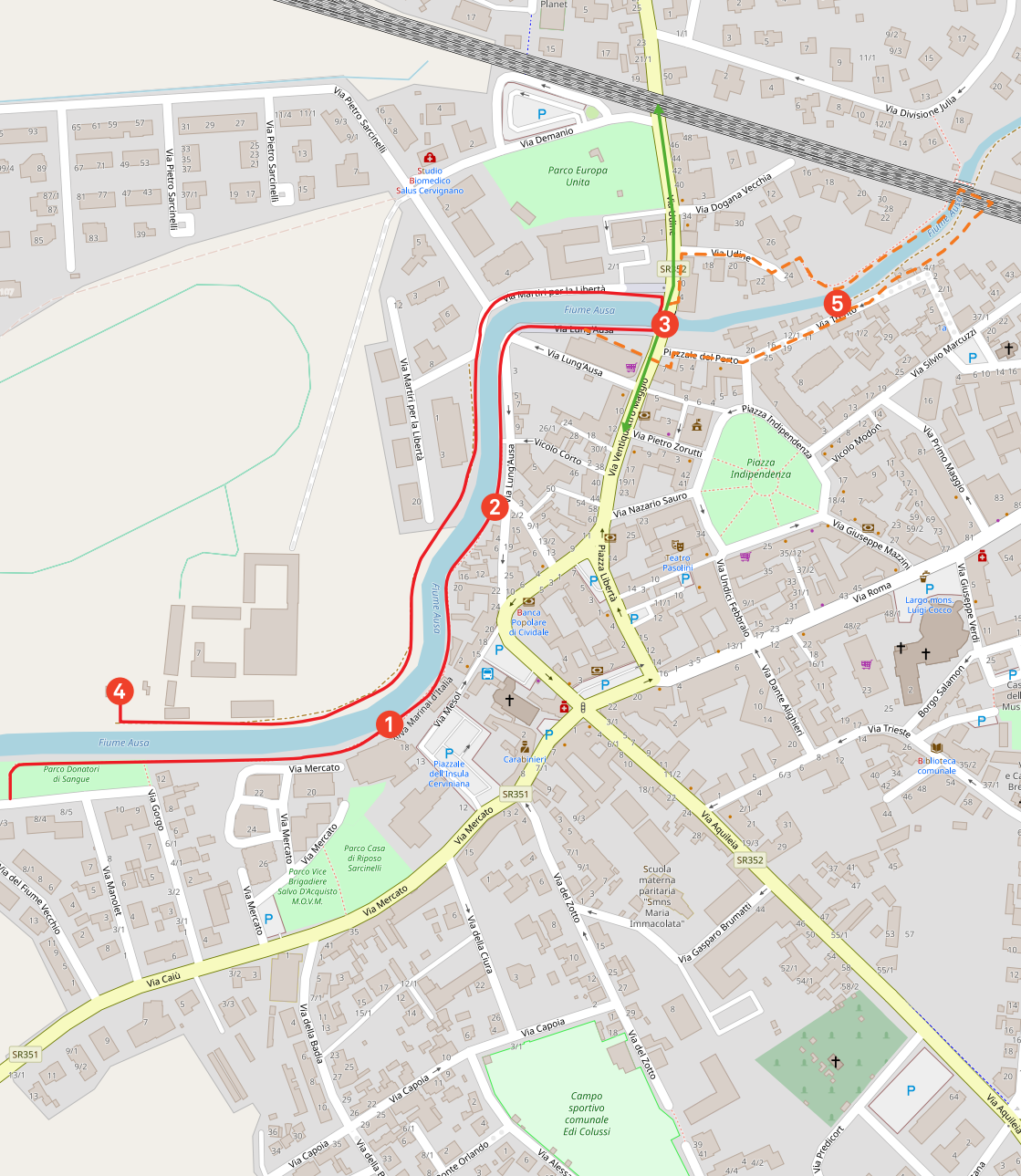
a resting point during religious processions coming from the hamlets. The route continues towards the hamlet of 'Vidâl' up to the public **wash house** (5); here you can choose whether to continue or return to the starting point. The second part of the route, unpaved along the forest track, is completely immersed in nature and is suitable for sportsmen, families or less experienced hikers. Along the way, there is a farm and **experimental biodynamic apiary** (6), both of which can be visited. Climbing down the road of Mount Tenchia, near the cemetery, you can see the **monument** (7) erected in memory of the four soldiers of the Alpine Army Corps who were executed on 1 July 1916. Once you reach **Piazza della Pieve** (8), you can admire the mosaics made by the Mosaic School of Spilimbergo (History of Salvation) and, on one side, the vicarage Casa Canonica, dating back to the early 1600^s, whose vaults have recently been frescoed by Maestro Paolo Orlando. Infopoint 388 3432047



Route general data

-  8 km
-  2.5 h
-  dirt road
-  paved road
-  pet friendly
-  night time accessibility
-  accessible road











The Ausa bank is a lovely place where nature can be enjoyed and the history of Cervignano comes alive. The 'Parco dei Donatori di Sangue', a green area dedicated to blood donors, is a meeting area and playground and the starting point of a route to be followed by taking small steps, to focus on what most captures your interest. By following the dirt track on the river bank eastwards, you will reach the remains of an **air raid shelter (1)** dating back to the First World War. After a while, the dirt track becomes a paved path and, after passing two easy loops, you reach a small open space where you can linger and perhaps seek refreshment near an **old washhouse (2)**, once enliven by housewives busy in doing their laundry. Nearby, you can visit the Church of St. Michael Archangel and the *Antiquarium*, a museum with local archaeological findings and a Lombard mosaic dating back to the eighth-ninth century. Continuing along the route, in the adjacent Vicolo Corto, on your right, you can see another air raid shelter of the same war period. After the large river bend, you enter the urban area.

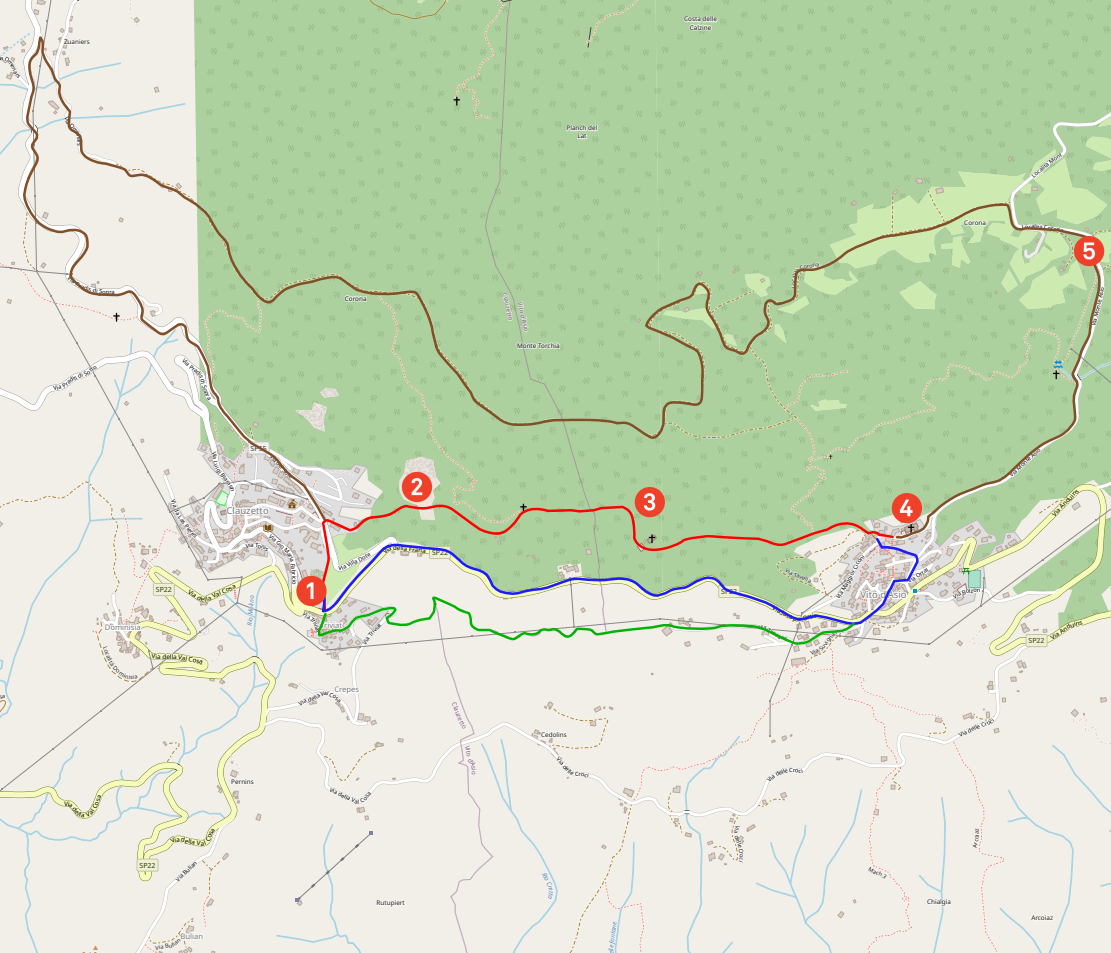
Crossing the Austro-Hungarian iron bridge (3) built in 1906, along the quay of the old river port and walking down to the river, you reach the **monument in memory of the Nazi massacre (4)** of 29 April 1945. As an alternative, when you arrive at the Austro-Hungarian bridge, you can continue eastwards and, after having crossed via XXIV Maggio, continue the walk flanking, for the most part, the Ausa River. Here you can see monuments that bear witness to the history of the town during the Great War: in the square in front of the Port the memorial plaque in memory of the entry of Italian troops in Cervignano and, not far away, the monument to the soldier of the Austro-Hungarian Empire. Proceeding along via Trento, characterized by small **fishermen's houses (5)**, you soon take the pedestrian path which borders the watercourse and, after the old railway bridge, you walk to the sound of the willows until you reach the Austro-Hungarian iron bridge.



Route general data

-  3.9 km
-  50'
-  dirt road
-  paved road
-  pet friendly
-  accessible road





The route starts from Clauzetto, near St. James's Church, and arrives in Vito d'Asio. Due to its wonderful position, Clauzetto is also called 'The Balcony of Friuli'. On a clear day, you can see the plain, crossed by the majestic bed of the Tagliamento River, the Adriatic Sea and, to the west, the outlines of the Euganean Hills.

St. James's Church (1), built between the 13th and 14th centuries, is a pilgrimage destination where people come to worship the relic with the Blood of Jesus: authenticated in 1755 by the Patriarch of Venice, in 1773 Pope Clement XIV granted plenary indulgence to pilgrims. Currently the indulgence rite takes place on Ascension day and is called 'Perdon Grande', the great forgiveness.

After about 500 metres, the route crosses a large **stony ground (2)** which was affected by a disastrous landslide in 1914. The landslide broke off from Mount Corona and swept away the road between Clauzetto and Vito d'Asio, along with 26 buildings. Halfway along the route, you will find **St. Martin's Church (3)**, a rural church dated 1500. At the back of the church there are traces of a building dating back to the 10th century and an external cemetery area used up to the early 16th century. The stone altar inside the church, by Pilacorte, was made in 1528 and is the first of its kind in

Friuli. The route arrival point is in Vito d'Asio at **St. Michael the Archangel Church (4)**. Building traces of the church date back to the mid-1400^s. The church is located on the top of a hill and it is embellished with many works of art. The old church library is preserved in the presbytery. **Vito d'Asio** was the hometown of Jacopo Ortis, immortalized in the famous novel, 'The Last Letters of Jacopo Ortis', by Ugo Foscolo.

The route is immersed in a wooded nature rich in hornbeams, hazels, acacias and conifers, and offers a relaxing climate that is always airy and little exposed to direct sunlight. For about 1 km, it alternates short uphill and downhill sections with flat sections. After the rural church, you will find a track, with the bottom section partly in stone and partly in beaten earth, delimited by the typical dry-stone walls.

The route can also be completed in a loop by choosing whether to return along the provincial road SP22, along the old path that starts from via Zancans and climbs up to the inhabited area of Triviato or by going up to the area of Mount Vit, passing near the Monument to the soldiers of the **Alpine Army Corps (5)**, continuing to the area of Zuaniers and then descending to Clauzetto (7.65 km).



Route general data



2 km



45'



dirt road



pet friendly



Clauzetto e Vito d'Asio

www.comune.clauzetto.pn.it - www.comune.vitodasio.pn.it



The fitness route called **'I mazzuoli del Villaggio del Pescatore'** extends between the small tourist-residential centre of Villaggio del Pescatore with its two islands in front of the small harbour and the path next to the Timavo River, from which other trails lead to points of important naturalistic, historical and archaeological interest.

The route starts at the centre of the village, in front of the **St. Mauro Evangelista Church (1)** and continues along the coast, passing next to the **small museum (2)** with the 'History and Prehistory around the Timavo River' permanent exhibition. Near the museum, you can also find the starting point of the naturalistic and historical path of Bratina Point (3), which leads to the Timavo River.

Continuing along the coast, you will arrive to the **slipway (4)**. Once there, turn left and cross the bridge that connects the small village to the first island.

Once over the bridge, continue to the left following the boats docked along the seashore. On the right you will encounter the **Sports Centre (5)** of Villaggio del Pescatore where

different sports are practised, among which tennis, football, basketball, canoeing, sailing, fishing, etc.

Continue straight on, and after having passed the Sports Centre and the football field, follow the route to the right before the basketball court and continue to the opposite seashore. Once there, keep left and continue towards the other island. Still on the left of the path, you will find the new fitness area equipped for **outdoor activities (6)**.

Continuing straight with the Timavo bank on your right, you will complete the route ring, passing through meadows and pinewoods which create a suggestive landscape with light and shadow, and the shimmering sea.

You can return to the starting point by following the same route or, when you arrive to the fitness area, you can continue straight on the left seashore until you arrive to the bridge connecting the two islands to the land.



Route general data



8.8 km



2 h



paved road



accessible road



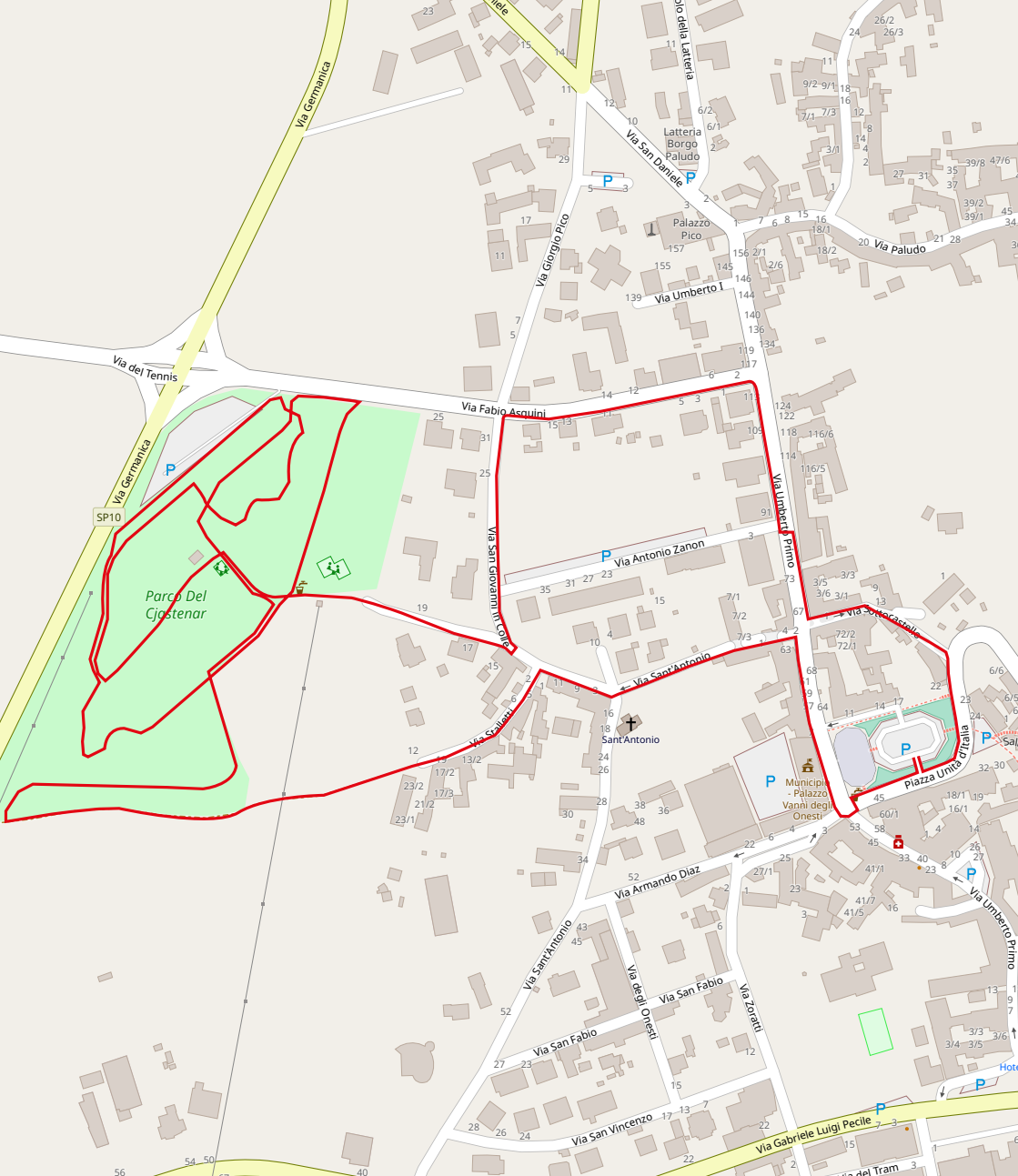
'FROM THE CENTRE TO THE PARK'

The route has a total length of 3.528 km and starts from the heart of the town, in **Piazza Unità d'Italia**, where the town hall is also located. The urban stretch of the route is on even ground, with a low intensity of pedestrians and cycles. Through pavements, pedestrian crossings, a cycle path and a short stretch of country road, you can quickly and safely reach the **area of Cjastenâr Park**. Before arriving at the park, you can admire a property of historical and artistic interest in Via S. Antonio. This property, called 'Casa Asquini', is an ancient manor house (16th - 19th century) belonging to the Asquini family. Once you reach the park, it is possible to enjoy the splendid view of the wellknown **Fagagna Castle** of which the ruins of the massive perimeter walls and a donjon remain, and the 'Cardinal Hill' with the characteristic tree-lined profile of secular cypresses and stone pines. The network of paths of Cjastenâr Park, which has a total area of about 50,000 m² and a rich woodland and shrub vegetation, is the perfect setting for outdoor leisure and sports activities.

The whole area is for pedestrian use only with routes that wind partly on grassy ground and partly on cobblestones.

It is possible to use the various spaces equipped with facilities such as water fountains, wooden tables and benches in shaded areas, games for children and toilets.

An interesting place to visit is the 'Botanical Garden' where a simplified model of the oak and hornbeam forest has been reproduced with the presence of tree and shrub species typical of this climatic area of the region. The route ends with a walk back to Piazza Unità d'Italia where you can find two large car parks: one next to the **Town Hall court** and the other in the square that hosts the traditional '**donkey race**' in September.



Route general data



3.528 km



30'-45'



dirt road



paved road



pet friendly



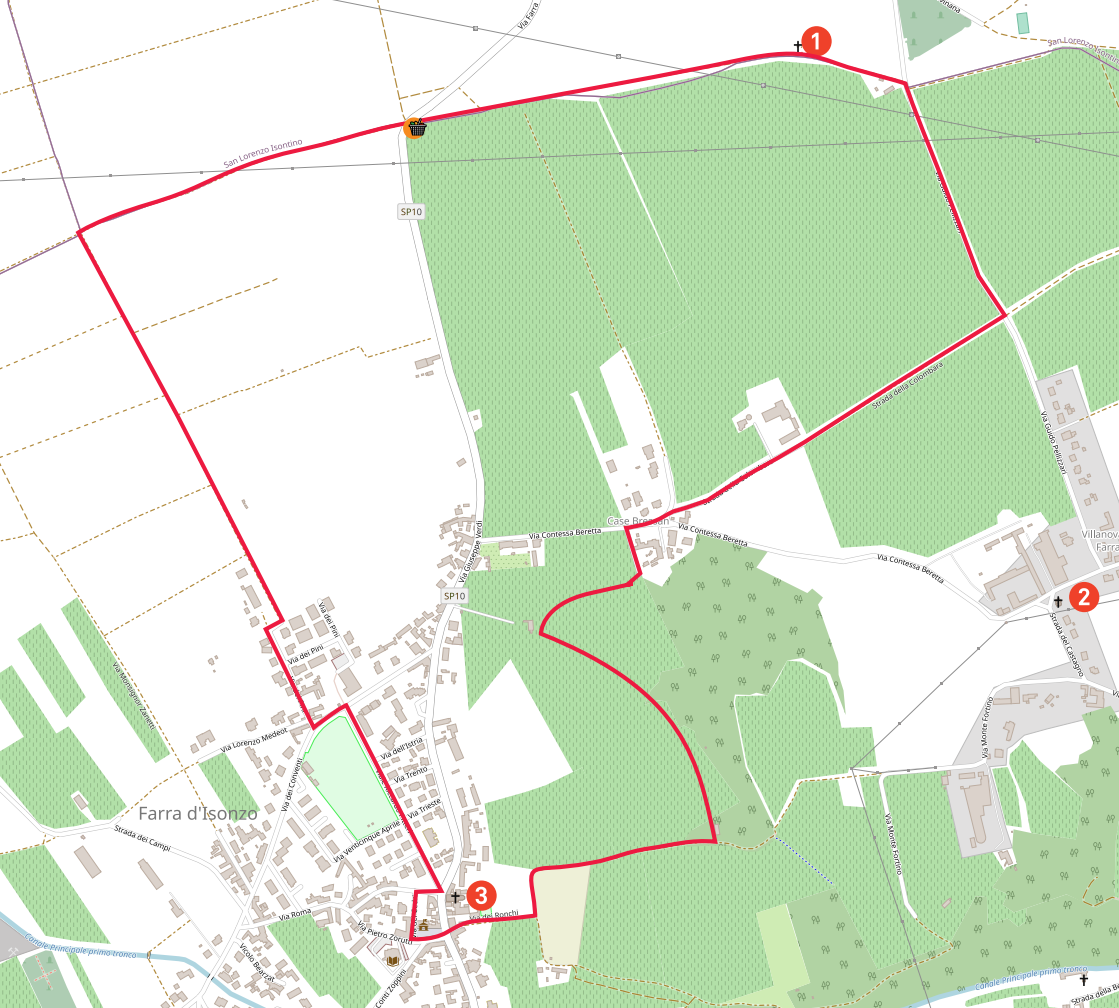
accessible road



Fagagna

www.comune.fagagna.ud.it





The route begins in central Piazza Vittorio Emanuele III and leads to the square in front of the parish church where, until 1915, the monument to Franz Joseph stood.

At the end of Pitteri Avenue, once the access to the poet's Villa, there used to be an important convent of friars of the Dominican congregation. Following Via dei Conventi and Via dei Pini, one exits the built-up area. A wide dirt road enters the extensive Campi dei Fratti and, along the way, an ancient boundary term is found at the foot of a mulberry tree.

Continuing north, you reach the municipal boundary with Cjampagna Colomp, where you turn right along an ancient roadway that once connected Gorizia to Palmanova.

Entering a shady area, you reach the Volt di Fara and then, crossing SP 10, to a refreshment point from which to admire the view. Continue through a grove to the **Capitello di Sant'Eurosia (1)**. With your back to the capitol, you can identify a wide tratturo among the vineyards that, through the Campi di Santa Rosa, leads to the intersection with the Strada della Colombara, near the entrance to the Braida di

Spessotto and, from here, you reach the **small church of St. Peter and Paul (2)** in Villanova.

Just beyond the capitol you reach the junction with the Strada della Colombara and following the wide dirt road you reach the Casa sotto i Ronchi and Via Contessa Beretta.

After about a hundred meters, a small road enters on the left, skirting the old wall of the Villa Russian-Cressati, where the Convent of the Poor Ladies of St. Catherine of Siena was once located.

The route of the old municipal road exits into the back country and, near a farmhouse, enters the ancient Braida dei Pestazzi.

The overhanging ridge of the Ronchi di San Giovanni Battista accompanies the traveler among lush rows of vines and cultivated plots until the junction with the Viottolo per Villanova, heading to the hamlet of the same name. Leaving the branch off, a wide, marked dirt road heads toward the obvious **Campanile (3)**, then, skirting the wall of the Braida della Chiesa with a couple of turns, you return to the starting point.



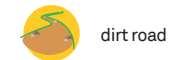
Route general data



6 km



1h 45'



dirt road



paved road



pet friendly



THE 'cammina.FIUME VENETO – BOSCO MARZINS' WALKING ROUTE

Circuit no. 1 – Marzinis-Marzinatta (3,000 m)

The circuit starts from 'Marzinis Village' (1) and develops along the dirt road of Via Marzinatta, which divides the municipal territory from Zoppola. Along the 3,000 metre path (5,000 steps), off-route you can visit the 'Marzinis Wood' (2), a lowland wood of common hornbeams and common oaks, and the floodplain wood with white willows and black poplars that surrounds the **spring-fed pond** (3). Continue the walk along the country road and end it with a visit to **St. Jerome Church** (4), built in the 15th century.

Here it is possible to quench your thirst and take a rest in the shade of the lime trees.

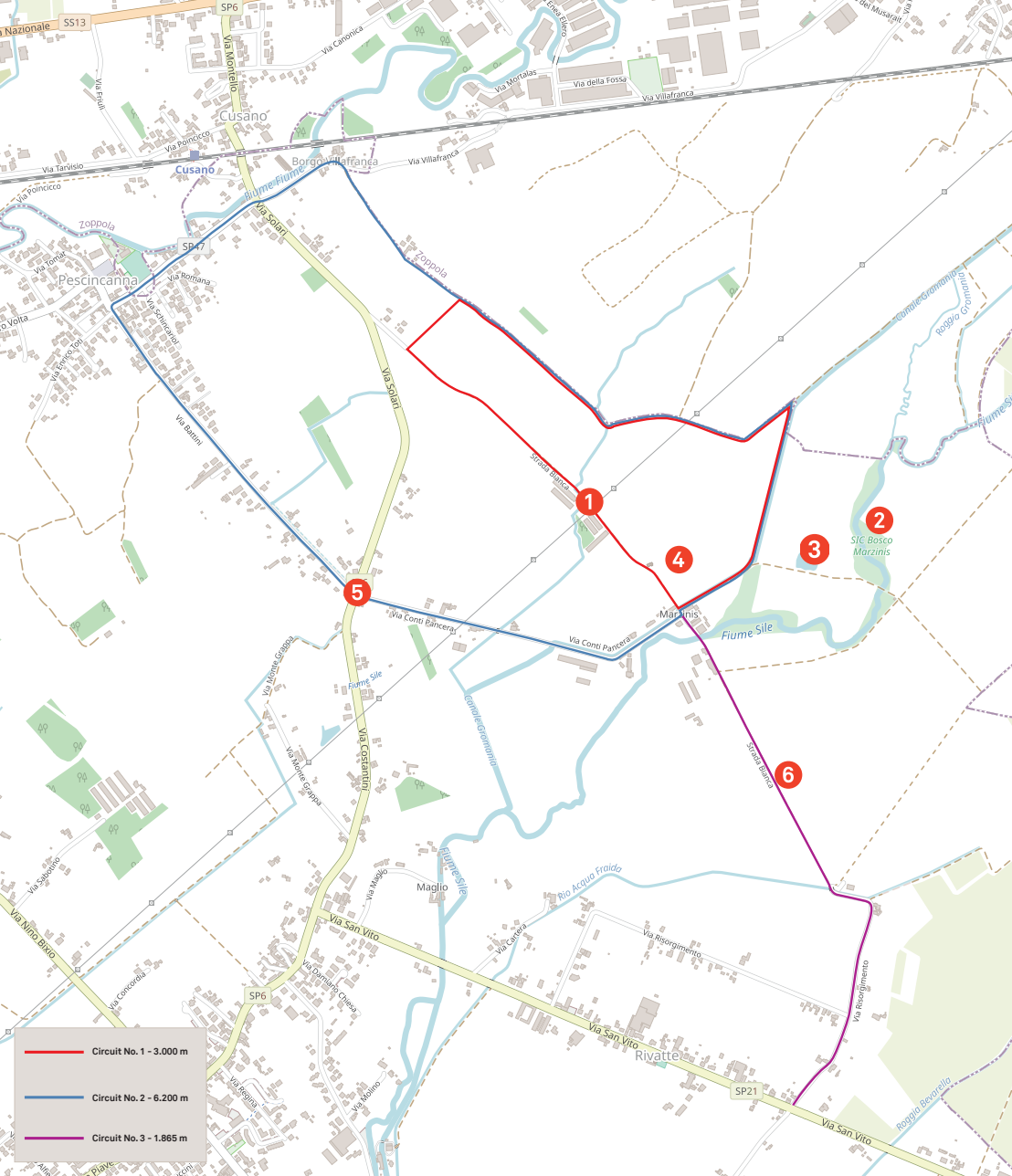
Circuit no. 2 – Pescincanna-Marzinis (6,200 m)

The circuit, 6,200 metres long (10,000 steps), starts from the centre of Pescincanna hamlet and develops along the cycle-pedestrian road of Via Battini (illuminated). After crossing the regional road (the 'Piera' locality, where you can find a **historic milestone** (5) probably dating back to the Roman Age), continue along Via

Conti Panciera (partially illuminated). Once you have reached the 'Marzinis Village', continue along the dirt road of Via Marzinatta, which divides the municipal territory from Zoppola. Here, off the track, you can visit the 'Marzinis Wood', thus reaching the village of Pescincanna and Via Francesco Petrarca along the Fiume River. After crossing the regional road, you reach the end of the circuit walking along the cycle-pedestrian path of Via Formentini (illuminated).

Circuit no. 3 - Starting point: Rivatte di Bannia (1,850 m)

From the centre of the village, you can reach the starting point of the circuits by walking along the paved road of Via Risorgimento and Via Conti Panciera, both with little traffic. These will lead you to 'Il Borgo' through a long avenue shaded, in summer, by lime trees thus walking for 1,865 metres. Midway along the avenue you can rest on the 'red bench' (6) dedicated to women victims of violence.



Route general data



8 km



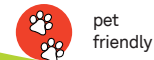
2h 30'



dirt road



paved road



pet friendly



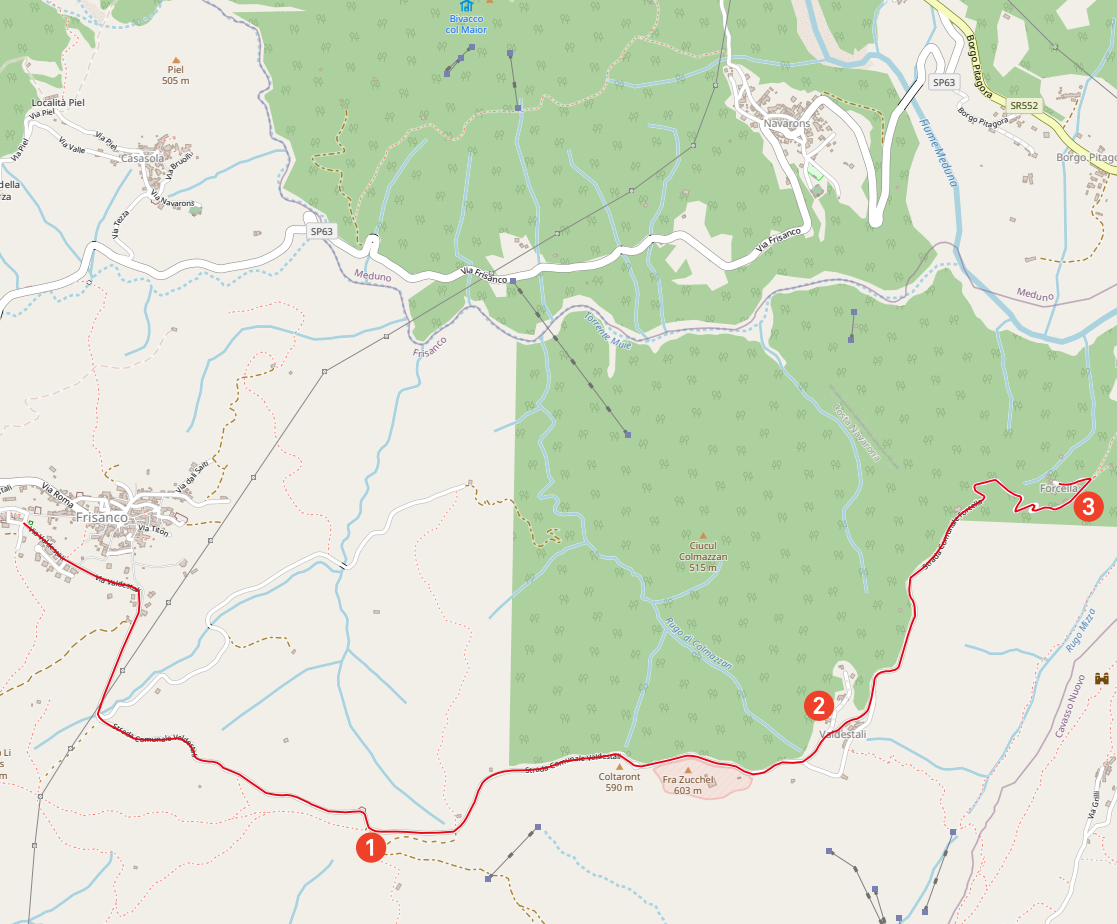
accessible road



night time accessibility



'WALKING AROUND THE ANCIENT HAMLETS' ROUTE



The route begins in front of the Frisanco Town Hall (500 m altitude) and unwinds for just over 5 km on a paved road. From the town hall, the route climbs up, offering an excellent view on the left of Frisanco, Casasola and further to the west of Poffabro, one of the most beautiful hamlets in Italy. At the end of the climb, a straight road leads into the fine natural environment that will accompany you along the entire route. Thick and luxuriant, in fact, is the broadleaved wood including ash, hornbeam, chestnut and beech trees. The road continues and arrives at the **Church of the 'Beata Vergine Addolorata' (1)**, better known as **'Madonna della Stangjada'** (altitude 596 m – to this point 1.9 km) which is in an elevated position with respect to the roadway.

The sacred building, built in the years from 1861 to 1863 on the remains of a pre-existing church, is the object of devotion by the faithful. 'Stangjada' derives from the word 'stangja', which, in Italian is 'stanga', meaning pole, an evident reference to fences and, consequently, to past pastoral and mountain farming activities.

The road loses altitude and reaches the **Val de Stali hamlet (2)** (altitude 560 m – to this point 3.6 km). The toponym Val de Stali recalls the presence of stables, now converted into homes. From this site you can see, the impressive plain and the vast area of the Magredi (grassland) furrowed by the gravels that are carried downstream by the water. On clear days, the gaze sweeps from the Gulf of Trieste to the Adriatic coast with the horizon interrupted by the lagoons of Marano and Grado. On the left, the rugged mountains of Val Tramontina remind us that they are part of the Carnic Prealps.

After passing the Val de Stali (with an excellent view of Meduno and its mountains) the roadway descends with a series of steep hairpin bends until it arrives at **Forcella (3)** (altitude 415 m – to this point 5.36 km), a hamlet with run-down cottages witnessing the abandonment of the mountain. However, over the years, these isolated places have attracted those wanting to reconnect with their origins, hence the comforting presence of renovated houses, mown lawns and cultivated gardens here and there.



Route general data



5.36 km



60'-90'



paved route



pet friendly

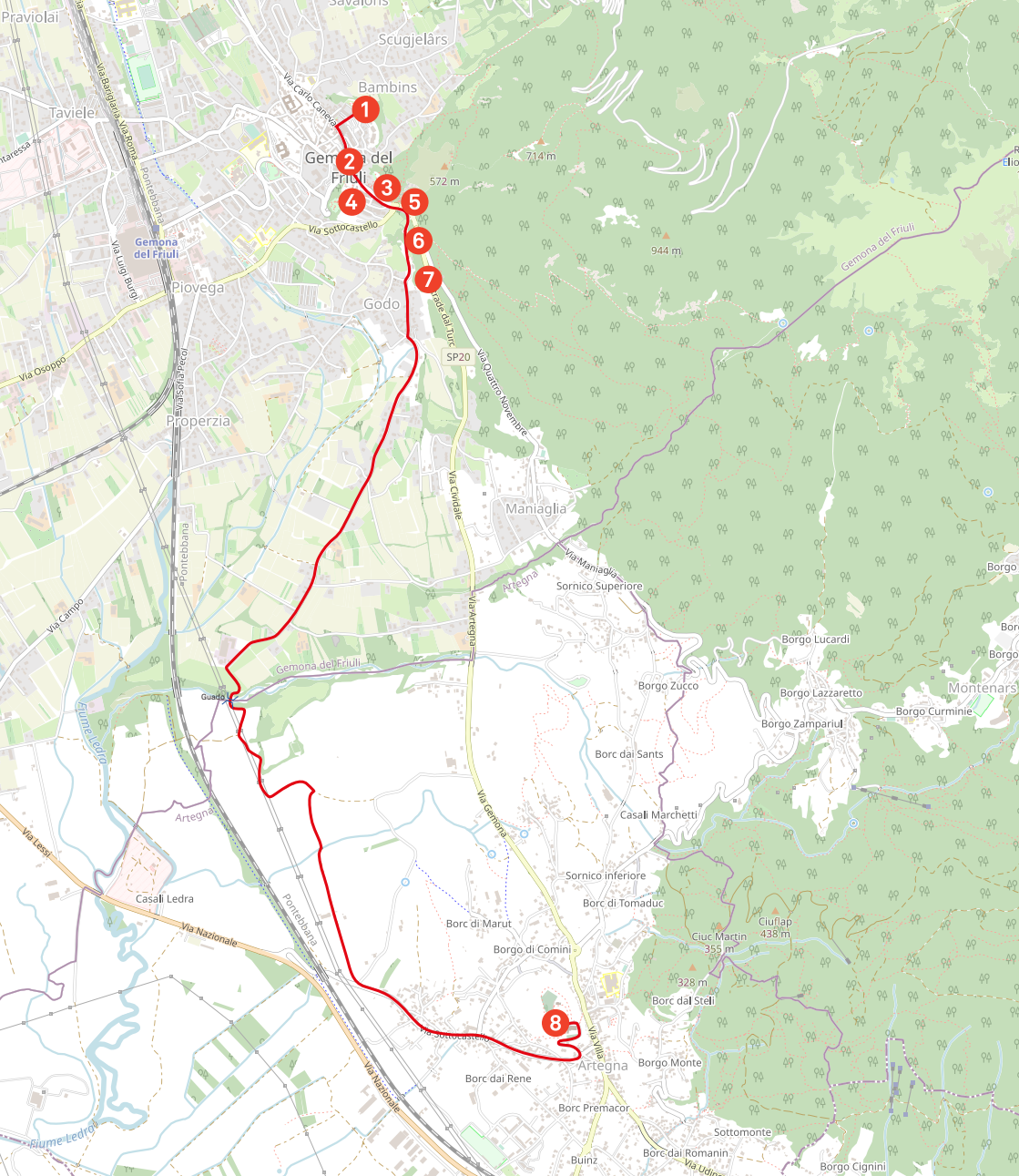


accessible road



Frisanco

www.comune.frisanco.pn.it



The route runs along the historic centre of Gemona, starting from the **Life Path (1)**, an educational area dedicated to physical activities surrounded by greenery, where you can admire the splendid view of the Cjampon and Glemine mounts. Walking down from Via Comitât Universitât Furlane, on your right, you will find the foundations of the former **Church of Holy Mary of Grace** (late 15th century) whose remains have been placed in a dedicated park with the recovery of the portal and parts of the façade and perimeter walls. Continuing along Via Caneva, you reach Piazza Garibaldi which is overlooked by the **palaces of Counts Groppero and Scarpa**. In Piazza del Municipio stands Boton Palace, a building from the early 16th century that now houses the town hall.

From here you enter Via Bini, a typical medieval street overlooked by historic buildings alternating with portals, small squares and arcades. Here it is possible to see colourful fragments of frescoes (15th-16th centuries), and visit **Palazzo Elti (2)**, seat of the Civic Museum. On the right, walking along the Salita dei Longobardi, the road of the Longobards' climb, you enter a magnificent park and the **castle of Gemona (3)**, offering a fascinating view of Middle Friuli. Next, you arrive at the majestic **Cathedral of St. Mary of the Assumption (4)**, a wonderful example of medieval art.

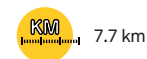
This Cathedral, with a three-nave basilica plan, is the result of the renovation of a pre-existing church dating back to 1290. The majestic façade is striking: the lunette of the Romanesque portal celebrating the Final Judgment; the seven-meter high statue of St. Christopher placed there to protect travellers; the elegant Gallery of the Three Wise Men and the rose windows.

To the left of the Cathedral you can find the **Museum of the Parish Church (5)** and the **Cathedral Treasury** which houses, among its works, ancient illuminated codexes, the oldest baptismal register in Europe (1379), and the precious monstrel by Nicolò Lionello (1435). After passing through Porta Udine, the only city gate left of the old city walls, take Via Monte Glemine, where the **ancient wash house (6)** is located, and then a path will lead you to the **Silans Fountain (7)**, renowned since Roman times.

You then reach via Vuarbe, which winds through the countryside of Gemona and reaches the border with Arteagna. From here, continue along Strade dai Sales, which meets Via Sottocastello. Continue until you reach the intersection with Via delle Chiese, leading to **St. Martin Hill (8)**, where you will find the parish church dedicated to the **Nativity of St. Mary**, built towards the end of the 13th century. Savorgnan Castle is hence before you. The findings confirm the importance of the site and its occupation already in the Goth and Lombard age. On the top of the hill you can see the attractive church dedicated to St. Martin, where you can admire frescoes dating back to the first half of the 16th century made by the Friulian artist of Bavarian origins Gian Paolo Thanner.



Route general data



7.7 km



2h 20'



dirt road



paved road



pet friendly

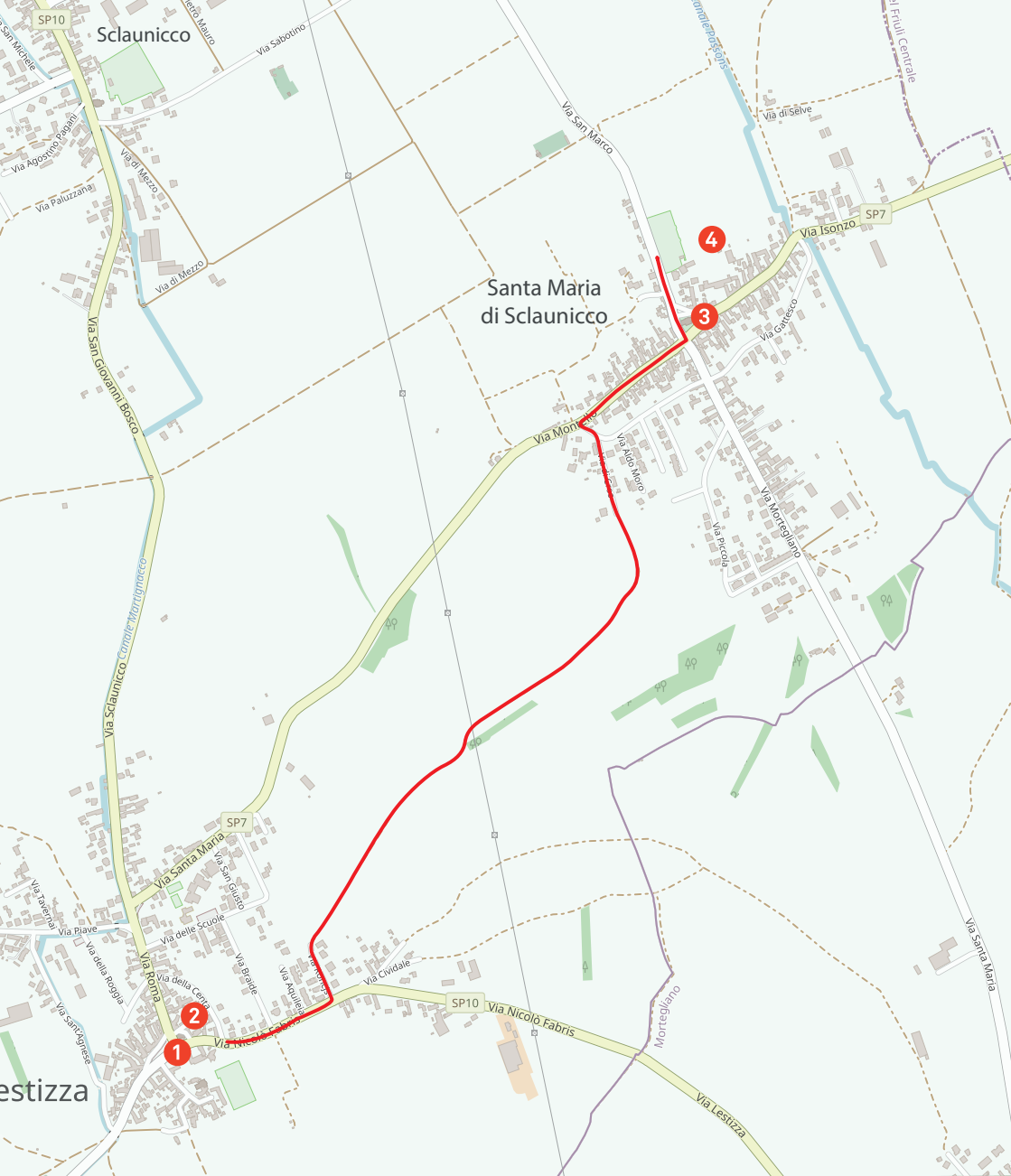


accessible road



Gemona del Friuli - Arteagna

www.comune.gemona-del-friuli.ud.it - www.comune.artegna.ud.it



The chosen route starts from the sports field in the hamlet of Santa Maria di Sclaunico and links up with the sports field in the main village of Lestizza. The route is safe and easily accessible by everybody.

The Lestizza-Santa Maria stretch has been made and arranged to be an integral part of a more extensive route that also connects some hamlets of the neighbouring municipalities. Part of a wider route network within Middle Friuli, is an area of considerable landscape and environmental interest.

The network starts in the north, more precisely in Orgnano, in the Municipality of Basiliano, crosses the territory of Lestizza and then continues towards Flambro, in the Municipality of Talmassons, creating a system of poles of attraction capable of promoting the entire territory.

Buildings of historical and symbolic importance for the municipality can be admired in Lestizza. These are the **Venetian villa Busolini-Bellavitis (1)**, seat of the town library, the **small St. Blas' Church (2)** and the historic villa owned by the Fabris family located in the square of the main town.

From Lestizza, the route continues on a dirt road, connecting Lestizza to Santa Maria. The path is immersed in greenery, with autochthonous tree species typical of the Friulian countryside, and surrounded by corn fields and vineyards.

The route continues in Santa Maria di Sclaunico, crossing the recently refurbished square, the business centre of the town. Here you can also admire, in a slightly decentralized position, the **Church of Our Lady of the Assumption (3)**.

The route ends in the vicinity of the sports field with, among other things, an **equipped area (4)** meant for outdoor gatherings and refreshment, as well as a play area for younger children.



Route general data



5 km



1h 15'



dirt road



paved road



pet friendly



accessible road



A SEASIDE STROLL: THE ROUTE 'UNDER THE COLOURS OF THE SUNSET'

The route 'Under the Colours of the Sunset' starts at the end of the 'Porto Vecchio' dock, near the old lonely Casone. The route is named after the path of the setting sun.

It is 4 km long and develops along the embankment, embellished by the row of tamarisk trees on the edge of the lagoon, where, in hidden corners, ducks, mallards and swans live safely and protected. The sunset sky along this path is particularly suggestive and, especially during the cold season, offers truly exciting moments. From any point, it offers a wide view of the mountain peaks that embrace Friuli Venezia Giulia.

BIODIVERSITY: you can admire different animal species: birds, reptiles, amphibians, insects, molluscs and mammals.

The avifauna is well represented by the anatidae, such as the mallard (*Anas platyrhynchos*) and the black-necked grebe (*Podiceps nigricollis*), and the family of the ardeidae, such as the little egret (*Egretta garzetta*) and the grey heron (*Ardea cinerea*).

The route is a cycle-pedestrian path, a dirt road covered with limestone rubble. It is accessible to people with reduced or impaired mobility and furnished with benches for a relaxing break.

The route passes near refreshment points, which can be found also in the neighbouring area (especially during the bathing season). A fitness area is available next to the starting point at the Porto Casoni dock.

One of Lignano Sabbiadoro's distinctive traits is that here it is possible to measure any walking distance by counting the steps taken. Just think that the maximum distance between two points in the town is 10,000 steps, then you arrive to the sea or the lagoon.

Walking in this town will be pure enjoyment and will allow you to appreciate this enchanting tourist resort while keeping your body fit. Just choose an itinerary and, while enjoying nature, the scents and the atmosphere, you will discover the hidden features and corners of this coastal town.



Route general data



4 km



1h 15'



paved road



pet friendly



night time accessibility



accessible road





The route mainly develops on a hill of morainic origin which is part of an amphitheatre having a total width of about 30 km. The starting point is at the car park of the **Susans sports field (1)**. Turn left towards Cimano and follow a paved road leading to the first crossroad. Turn left again and continue up a hill until you reach the cemetery, where the dirt route begins (take the dirt road on the left). After about 300 m, the road begins to climb, and then ends with a tableland characterised by permanent pastures. Continuing along the route, you come to a wonderful spot with benches where you can relax and admire the view, and maybe enjoy a picnic. A short detour to the right, only a short distance away, takes you to the highest point of the route (287 m a.s.l.). From here you can admire, to the north, the pre-Alpine arc in all its splendour with the Tagliamento Valley and, to the south, the town of San Daniele del Friuli and the Friulian plain. When back on the main route, after a short descent, you reach a crossroad that lets you continue to the left, along a short circular path indicated in blue, or to the right, along the path indicated in red, which continues with an almost straight descent for about 300 m up to another crossroad. At this point, by turning right, in only a short while, you will arrive at a deer-breeding farmhouse restaurant, while by continuing on the left along the paved road,

you will arrive at the village of San Tomaso, with the recently restored **Hospital of St. John of Jerusalem (2)**. Founded at the end of the 12th century by the Knights of St. John of Jerusalem (later the Order of Malta), during the Crusades this building was an important place where wayfarers would stop for free hospitality on the Tagliamento Route (part of the ancient Allemagna Route). Continue to the left, walking through the village of San Tomaso, all the way up to the steps of the church and then to the cemetery of San Tomaso. Keep your left and continue until you reach a stable and, after less than 1 km, Susans will appear before your eyes. Here you will find a refreshment point. Do not miss the chance to visit the **Susans Castle (3)**, that, to this day, still maintains the architectural structure wanted by Count Fabrizio di Colloredo, in 1636. The castle was the house of the noble family Colloredo until the end of the First World War. From the castle, after about 500 metres, you return to the starting point. While walking along the route, it is possible to see foxes, hares, pheasants, roe deers and many birds including buzzards, great tits, robins or common wrens. The rich flora includes acacias, chestnut trees, beeches, elm trees, various species of undergrowth flowers and plants, and permanent pastures.



Route general data



7.3 km



2h



dirt road



paved road



pet friendly





This pleasant ring, which develops for about 4 km in the Colle di Medea municipal park, allows you to discover and admire both sides of the Medea hill: the northern side rich in tall vegetation and characterised by red soil, and the southern one, exposed to the sun, very similar to the nearby Karst, with outcrops and more sparse vegetation, as in Mediterranean areas.

The route is full of blooms in all seasons: on the north side you can find snowdrops, crocuses, primroses and violets, while along the south side you can admire the wonderful wild orchids. The fauna, in addition to numerous roe deer and wild boars, includes also badgers, foxes and the wild cat.

From the parking lot just below St. Anthony's Church, go right until you reach the beautiful 343-step **stone staircase (1)** built in 1815, that leads down to the town.

Once you have passed the staircase, you will come across a path, originally a military road built in 1915 to reach the **trenches (2)** and the **King's observatory (3)**. Along this path, you will see and visit posts dating back to the Great War. The route unwinds on a wide and easy dirt road and runs along the entire ridge, offering a suggestive breathtaking panorama. This path is actually known as the 'Panoramic Road'.

Here, on clear days, you can admire the whole Isonzo River plain, spreading from the sea to the nearby Istria.

With a small detour to the left, you can reach the King's Observatory, from where King Victor Emmanuel III followed the progress of the fighting on San Michele Mount.

Back on the route, continue and enter the chestnut and hornbeam forest. Here, you flank the **old stone quarry (4)** and climb until you almost reach the top of the hill. Just before the **Ara Pacis (5)**, take the path on the right and descend through the woods for about 2 km, along the 'Tal Bosc' path.

At the end of this path through the woods, you reach a paved road; cross it and walk to the enchanting pine forest. A little further on, on the left, you arrive at **St. Anthony's Church (6)**. This point completes the ring.

Definitely worth a visit is the Ara Pacis Mundi monument, built in 1951, after the horrors of the Second World War. This monument is based on a project by the architect Mario Bacciocchi, with the aim of symbolically remembering the fallen soldiers of all wars and guiding man towards peace and brotherhood among people.



Route general data



4 km



1h 30'



dirt road



pet friendly





'Good morning ValMeduna!' is a ring of about 5 km, with a 50 m difference in height.

It runs along a very scenic stretch of the Meduna River, very close to a natural bathing pond, and offers a suggestive view of the valley and peaks of the Friulian Dolomites Natural Park.

The route starts at Piazza della Chiesa, the **parish church (1)** square formerly used as a cattle market. The church is full of precious works of art such as Pilacorte's holy water stoup and the altarpiece by G.B. Piazzetta. Leaving the square behind, head towards Via Magnani, skirting an 18th century residence. Continue along the '**countess' wall' (2)**, a stone wall that delimits the noble property. Look up to discover an astonishing view of Mount Raut (2025 m a.s.l.), outpost of the Dolomites in the Carnic Prealps and part of the Regional National Park of the Friulian Dolomites. Walk along a short stretch of Via Taviela until you reach a dirt road, that once led to a ford of the Meduna River, running along the edge of the alluvial terrace. The road separates an anthropised agricultural landscape from one that safeguards and preserves its biodiversity. It's a chest full of life and treasures.

The gentle burble of water, the scents and colours of the vegetation will accompany you through this stretch of the route.

Fossil dunes border the other bank of the river: these represent a fossil site with a rich array of marine species. Recently two cetacean specimens similar to the dolphins, as we know them today, and a crab dating back to twenty million years ago, were discovered. The walk continues through a stretch of grassland with rare and colourful flowers, such as orchids. On your way back, you will most probably see the colourful sails of the paragliders and hang gliders that take off from **Mount Valinis (3)**, a relief known throughout Europe for its favourable characteristics for freeflying.

The route then passes by the schools and town hall. These buildings were built on the **ancient garden of Colossis Palace (4)**, a priceless 16th century building that can only be visited from the outside.

This palace was built when the **castle of Meduno (5)**, located on the opposite hill of St. Martin, was abandoned. From Colossis Palace, to return to the starting point of the route, take the medieval road that once connected the noble buildings with the church.



Route general data



5 km



1h



dirt road

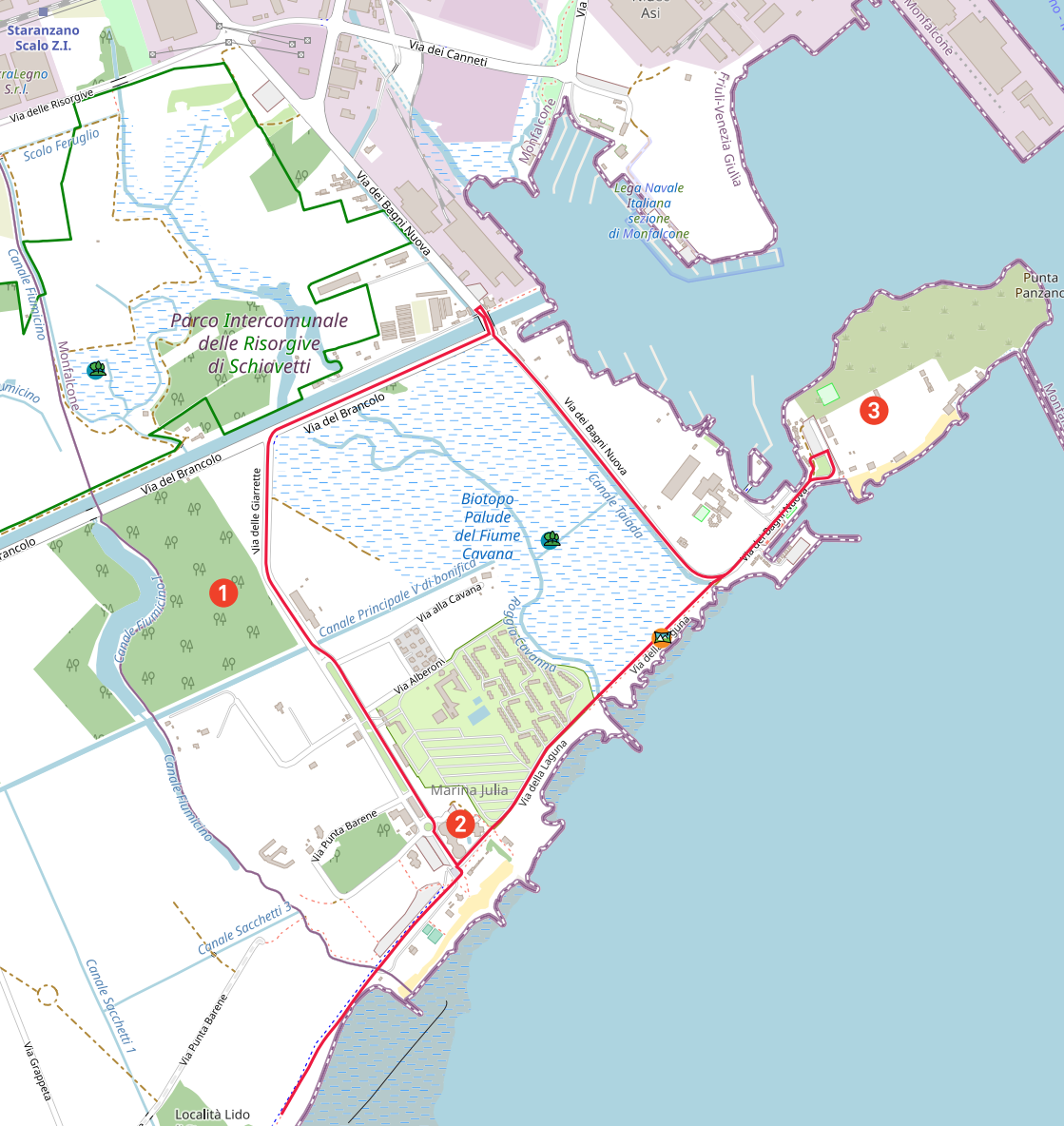


paved road



pet friendly











THE ROUTE OF THE ISONZO BANKLINE

The route called 'The Isonzo Bankline' is 2.5 km long and runs between the municipalities of Monfalcone and Staranzano. It naturally marks the end of the 'Lower Isonzo' route which crosses the municipalities of San Pier d'Isonzo, San Canzian d'Isonzo and Staranzano through paths and under the embankment. The route starts from Riva Lunga di Staranzano, an area part of the Isonzo Mouth Natural Reserve, a particularly important ornithological site. It is one of the few lowland sites where the wood nuthatch reproduces. It is also rather common to spot the European green woodpecker and the great spotted woodpecker here. These species are also favoured by a rather luxuriant undergrowth, which includes white poplars that create a magical atmosphere within the **wooded area (1)** bordering on the Cavana di Monfalcone C.S.Z. The route passes through **Marina Julia (2)**, overlooking the Panzano Gulf, between the Port of Monfalcone and the mouth of the Isonzo River. Built in the sixties, Marina Julia today looks like a typical seaside resort full of accommodation facilities and shops.

The beach, low and sandy like the whole coast of Monfalcone, has been upgraded over the years with arrangement works of the shoreline and the embankment that connects it to the Panzano Lido. The route ends in Marina Nova, more precisely at the **Isola dei Bagni (3)**, an artificial islet south of the Panzano district, connected to the mainland by an embankment. It is a quiet place that has retained its natural aspect, despite the proximity to the Port of Monfalcone and the shipyard. The route surface is mainly grassy with some stretches of gravel. Rest areas, equipped with benches and tables, are present both along the route and in the immediate vicinity. Refreshment points, with accessible toilets, are available at the beach. The final part of the route connects to an existing 2.5 km pedestrian ring which traces Via dei Bagni Nuova, Via del Brancolo, Via delle Giarrette and Marina Julia. The route develops on flat areas, so it is suitable for all types of users, families with children, elderly people, walking groups, Nordic walkers.



Route general data

-  5 km
-  1h 15'
-  dirt road
-  paved road
-  pet friendly
-  accessible road



THE PLAZZARIS HAMLET RING

The Plazzaris Hamlet Ring is a route that stretches along a low hill, opposite the hamlets of Isola, Bulons and Sonvilla, in the municipality of Montenars. The route is included between the **Orvenco Stream**, on the Northern side, and the **Confine Rivulet**, on the Southern side – passing through the small hamlet of Plazzaris. The ring develops to the North along the existing forest path, a stabilised surface with some small sections made of concrete, which then joins, on the Southern side, the municipal paved road connecting the route to the **Plazzaris Hamlet**. The ring, about 3.165 km long, has an optional deviation (700 m) which leads to refreshment point represented by a farmhouse.

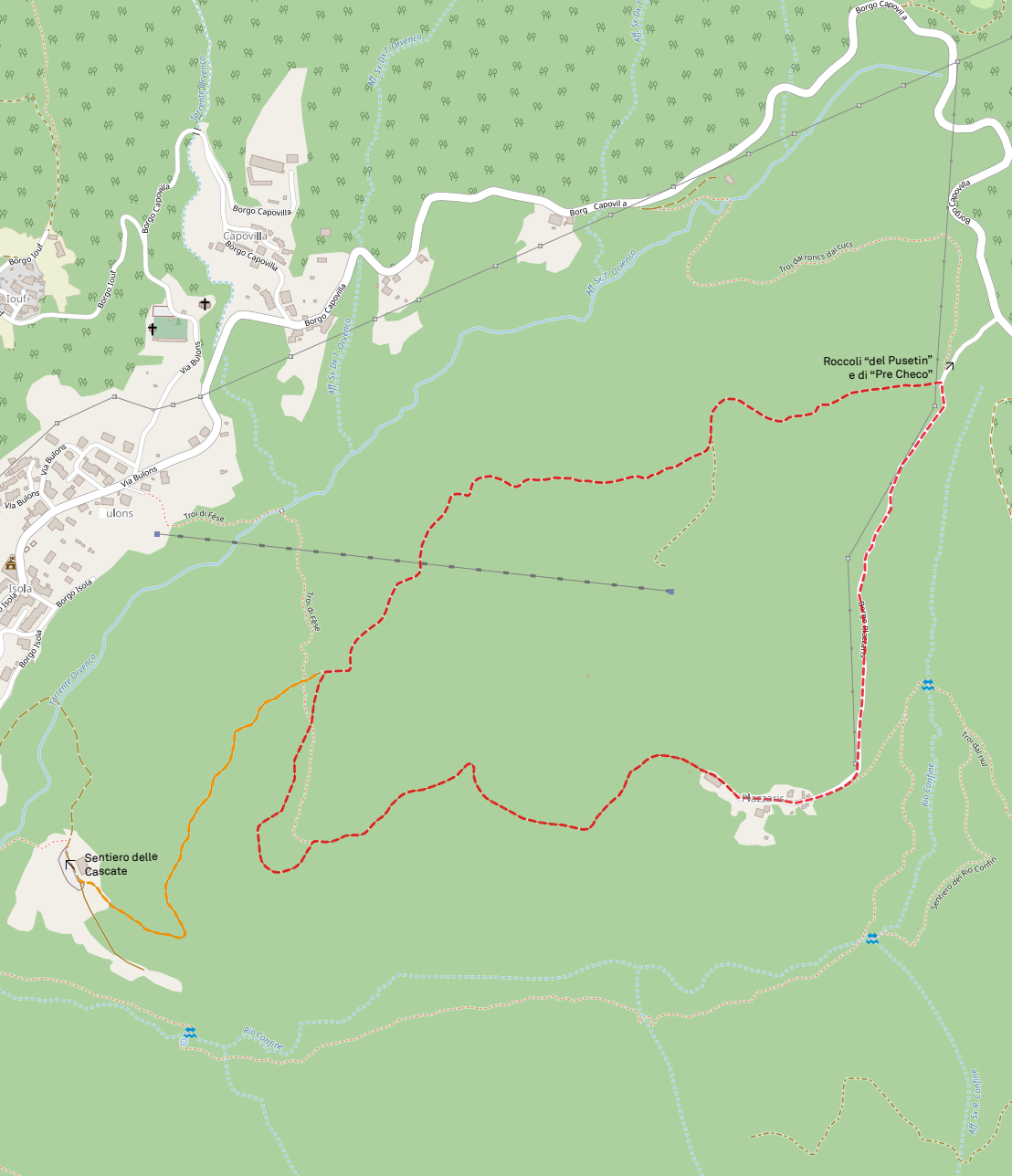
Following the Montenars-Flaipano provincial road, after about 1.5 km from the residential area of **Sonvilla**, turn right towards Plazzaris. After about 100 m, the rest area which is the route starting point is reached (altitude 656 m a.s.l.).

From here, the ring turns right, downhill all the way, with slopes of various gradients (8 – 14%) for about 950 m. After a short climb (150 m), it

then runs downhill for another 130 m, until it reaches the crossing with the road leading to the holiday farm.

The path next turns left and takes a slight climb for about 400 m. Changing from North to South, it gently slopes downwards and reaches the **hamlet of Plazzaris**.

From this point, the paved road crosses the small hamlet – with recent interesting archaeological findings – passes a fountain and rises again with slight slopes, up to the starting point.



Route general data



3.165 km



45'



dirt road



paved road



pet friendly



Montenars

www.comune.montenars.ud.it

THE 'CORMOR RING' ROUTE

The route, known as the 'Cormor Ring', develops in a typical country environment, enhanced by the presence of the Cormor Stream. The route is 8.8 km long. The ring starts in the area in Via Tomba, where the village feasts take place. The area also serves as a car park. Once you have left the residential area, you will find yourself surrounded by a suggestive natural environment.

The Cormor Stream (1) rises from the Buia hills at 250 m a.s.l. and flows into the Marano Lagoon. Its name derives from the toponym 'kurm', meaning marshland, as the stream was known for its overflowing floodings in the so-called 'lands of Mortegliano'. In the 1980s, the land reclamation authority (Consorzio di Bonifica) carried out canalisation works including the reclamation of the stream natural bed. The ancient bends forming the first overflow areas of the stream are particularly interesting. Wild ducks nest along the banks of the stream and its waters are populated with trouts and carps.

The country (2) maintains a good landscape diversity with respect to the typical plains of Friuli. Plants of high naturalistic value, present along the stream banks, represent the remains

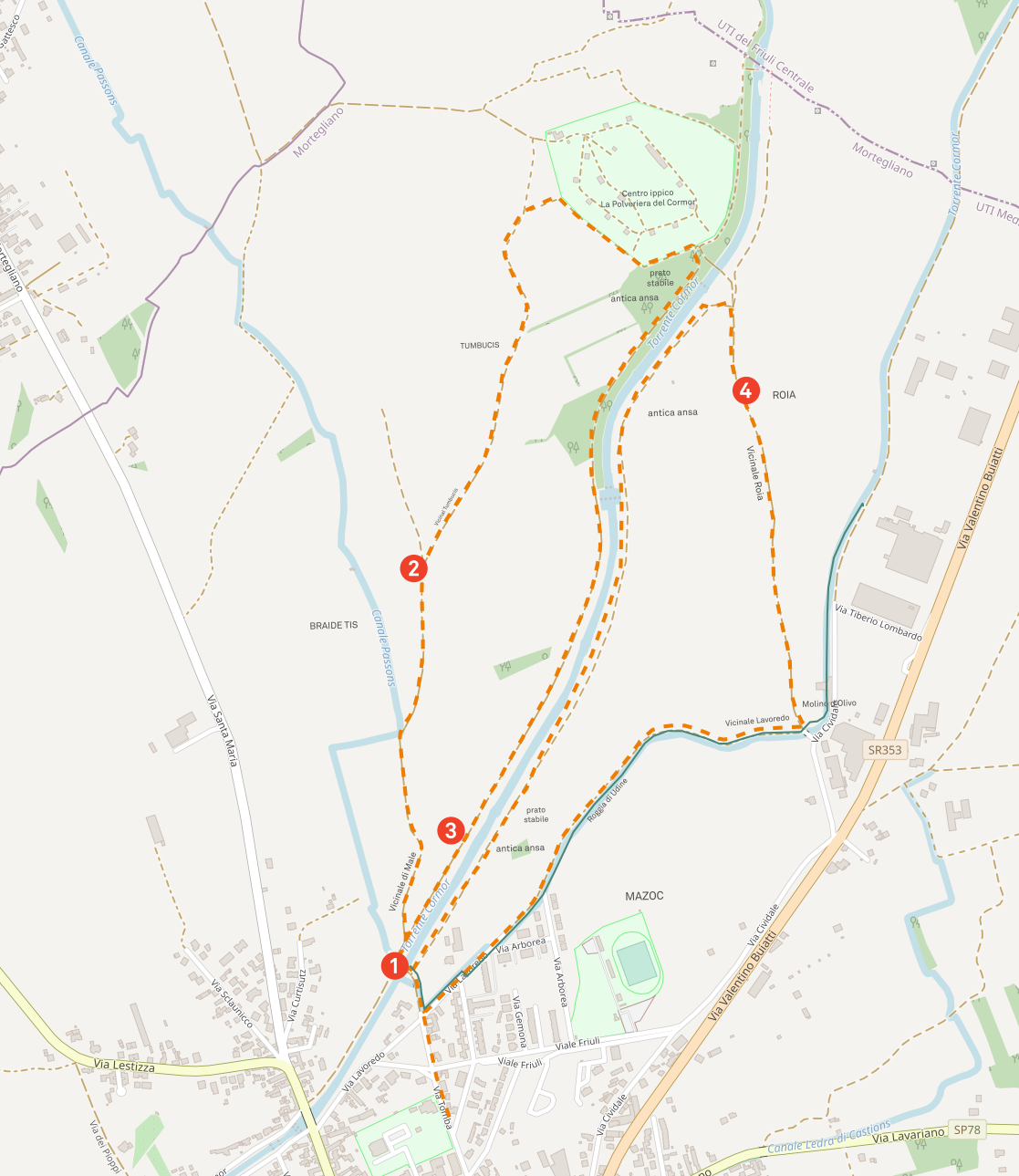
of larger forest areas. The plant variety includes rows of mulberries, Raywood ashes, elms and field maples.

The fauna (3) includes, besides the silent trouts, a rich variety of bird fauna such as wild ducks, magpies, great tits, sparrows, jays, woodpeckers and swallows. Hares, foxes and sometimes roes are among the mammals which can be found in this area.

Agriculture (4) was, and still is, the main activity. These lands are very fertile and perfect to harvest corn, wheat and barley, the main crops of this area used to produce the typical local produce.

The Bell Tower of Mortegliano (5) is 113.20 m high and, adjoined to the St. Peter and Paul Church, overlooks the countryside and the village. The bell tower is a work of architect Pietro Zanini from Udine and engineer Mario Bosco, and dates back to 1959. Enriched by a modern lighting system, the bell tower is the highest in Italy, a distinctive symbol for Mortegliano and for the whole Friuli plain.

On return to the village, the route follows Udine's artificial channel and makes its way through the residential areas to the carpark.



Route general data



8.8 km



2 h



dirt road

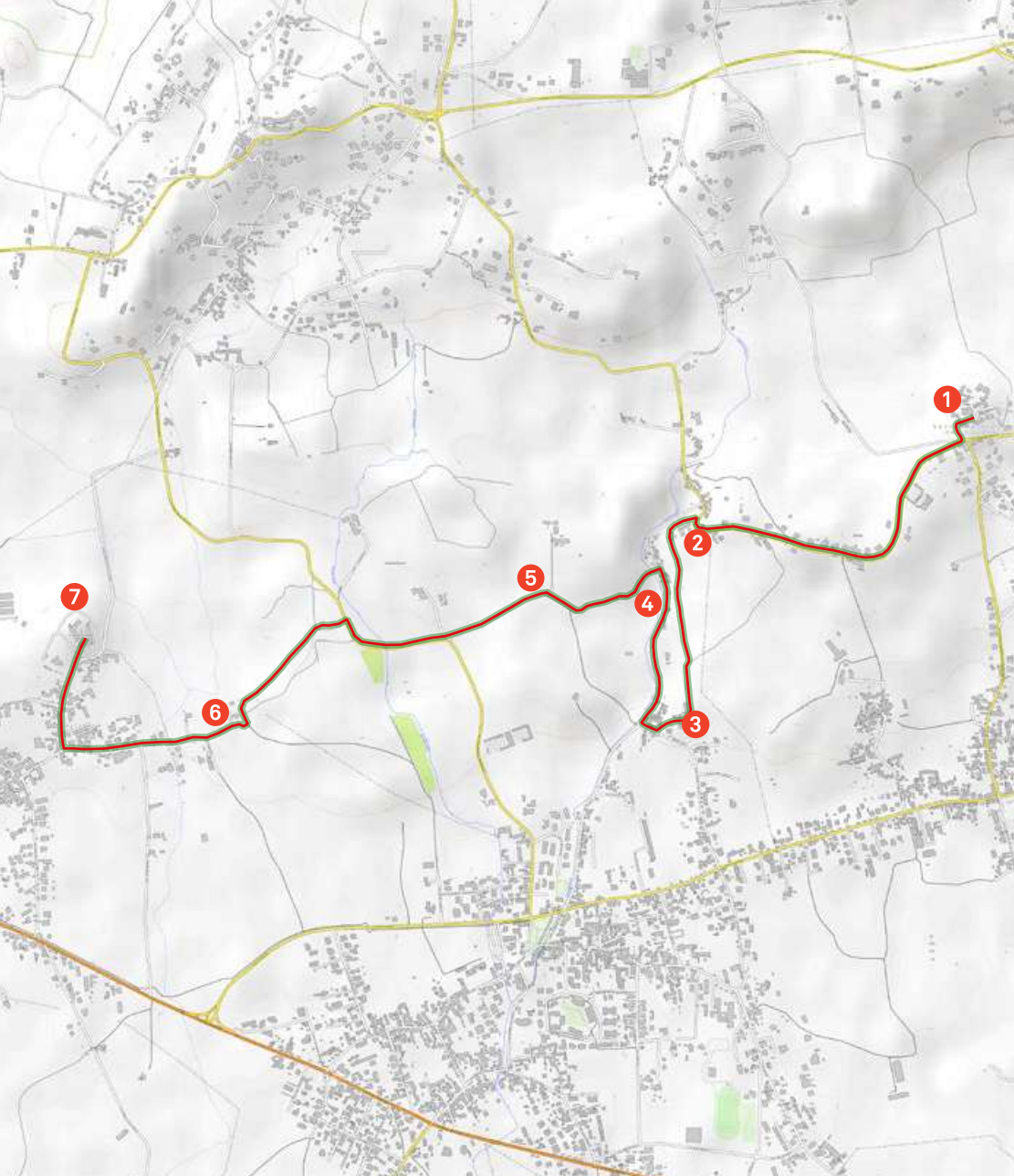


pet friendly



accessible road





The route develops on the territories of Moruzzo, Martignacco and Fagagna, and is suitable for families and walking groups of all ages. It is 5.1 km long, a short distance which can be completed in about 75 minutes.

The ground of the route varies from paved sections in the residential areas, dirt tracks on the outskirts of the towns to country paths having a minimum width of one metre and some stretches with a slope greater than 8%. The route, although not difficult, is not suitable for people with reduced motor and/or sensory skills.

At the starting point, near the **square of Santa Margherita del Gruagno (1)**, several parking lots and refreshment points are available.

Exit the western city gate of the hamlet and proceed along the pedestrian path leading to the cemetery. Next, continue on the paved road until you first cross the 'Stringher Tacoli' path and the 'Troi de aghe minerâl' educational trail and then 'la Cjamineade' (2) path.

Proceeding to the left, along the shaded path of the 'Cjamineade', you will reach the hamlet of Lavia, where the '**Madonna dei Mulini**'

altarpiece (3) reminds us of the past presence of mills. Continue to the right along Via Bonaldo Stringher and, once you have passed **Casa Basaldella (4)**, also the home to one of the many mills present until the middle of the last century and no longer existing, you will reach the bridge over the Lavia Stream. Cross the bridge, and after a slight climb, you will reach **Poggio Stringher (5)**, formerly the residence of Bonaldo Stringher, first governor of the Bank of Italy.

Continue to the west immersed in a rich vegetation, accompanied by extensive rows of vines and olive groves of a nearby farm up to the paved road that, from the cemetery of Martignacco, leads to Moruzzo.

After a few hundred meters towards west, after the bridge over the Volpe Stream, turn left on to dirt roads which, crossing the cultivated fields close to the stable meadows and an old rural tree structure used for **bird-caching (6)**, slowly leads you to the **Villalta Castle (7)** dating back to the 12th century, destination of our trip.



Route general data



5.1 km



75'



dirt road

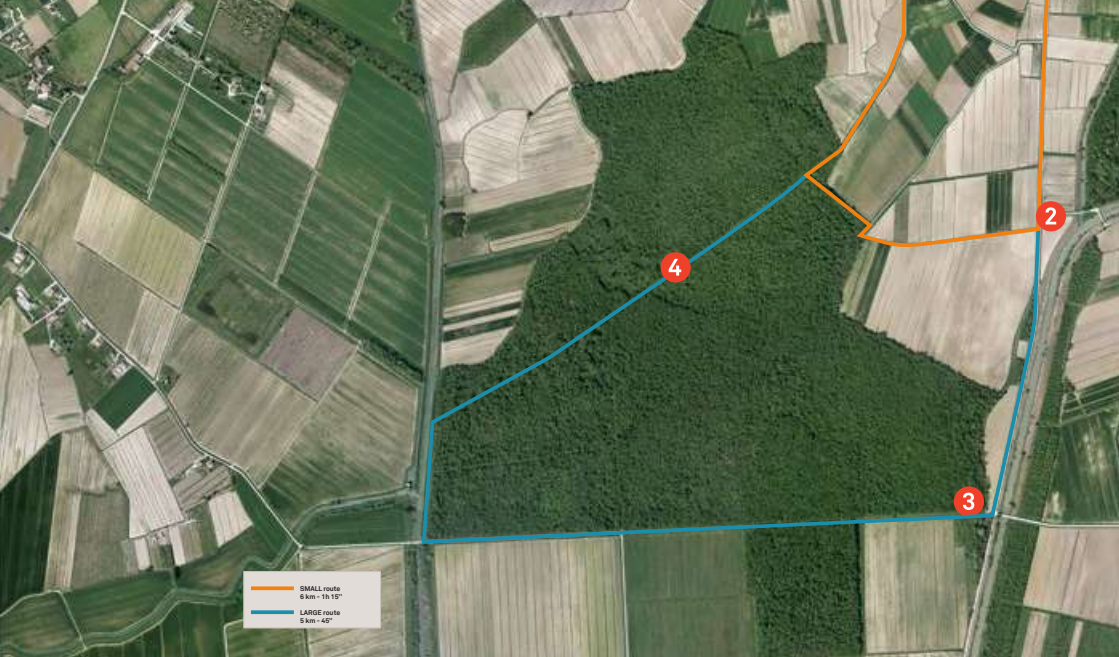


paved route



pet friendly





The Lupanica route develops from the residential centre of Muzzana del Turgnano and then crosses the countryside and the **Baredi Forest – Arvonchi Wood**, remains of the ancient Silva Lupanica, a lowland forest that once stretched between the Livenza and Isonzo rivers. Today the forest is a Special Area of Conservation (SAC), Site: IT 3320034, belonging to the 'Natura 2000' Network.

The area lets you admire the natural attractions, take a breath of fresh air and carry out physical activity, retracing places which were the scene of important historical events of the community of Muzzana.

The circular route starts from the **Orbi Park (1)**, overlooked by **Villa Muciana**, today housing the local section of the Alviero Negro Library.

Leaving the square behind, continue south along Via Levada (**former Strada Levada del Principe**), built by the Doge of Venice between the end of the 16th century and the beginning of the 17th century), and in just a few metres you will find yourself immersed in the Muzzana countryside. Here you can choose two different paths: either continue along the **SMALL** route which will take you on a walk through the countryside bordering the forest and, with a small detour, you will reach the Rolaz Area, or continue along the **LARGE** route, as indicated by the signs.

The **Rolaz Area (2)** was the scene of the **Riots of Cormôr**, an unusual strike that involved the unemployed, labourers and peasants of Lower Friuli who protested against the lack of work after World War II. A wooden statue depicting a man with a shovel in his hand stands in memory of these events. It is a symbol of the fortitude, sense of justice, resistance and solidarity that animated the protagonists of

the riots. Benches and a table are available in the area for refreshment and relaxation.

By choosing the **LARGE** route, you can cross the real forest, starting from the **Toronduze area (3)**. Here you can take a break and relax and refresh at the fountain, view the information signs on the flora, fauna and history of civic and collective land tenures, sit at the tables for a snack, and admire the works of Land Art created by artists from different countries of the world. Nearby, there is also an apiary that produces honey from collectively held land in Muzzana.

The **LARGE** route retraces a stretch of the **Romea Strata**, which is part of a network of routes that rethread the ancient pilgrimage routes to Rome, Santiago de Compostela and Jerusalem, and then the fully tree-lined **Stradon di Miez (4)**. Just a few steps out of the forest (meeting point with the **SMALL** route), you will find yourself back in the town, until you reach the arrival point at the Orbi Park.



Route general data



11 km



2h



dirt road



paved road



pet friendly



THE 'SAINT ROCCO RING' ROUTE



The circular route extends over the territory of Osoppo for about 7 km, around the **San Rocco Hill**. This route guides you through the distinctive features and characteristics of a peculiar area located in the centre of Friuli: the geographic area called 'Campo di Osoppo-Gemona'. This is a flood plain completely surrounded by hills and mountains and characterised by a substantial geodiversity and biodiversity. This area is also rich in historical-artistic points of interests.

The route can be divided in three sections. The first dirt-surfaced section (1.9 km) largely coincides with the embankment on the left bank of the Tagliamento River. It goes from **Colonia Park (1)** to the point where various paths converge, and is only a short distance from **St. Rocco's church (2)**, at the top of the homonymous hill. Ruins of an ancient hermitage, originally attached to the small church, mentioned in various documents of the 13th century, can still be seen. From the embankment, you can grasp a view of the river bed, that has preserved its original morphology of intertwined channels, and the Carnic Prealps profiles in the background.

The intermediate section (2.6 km) consists of a small ring that develops in the most important

naturalistic area of the itinerary. It unwinds along dirt roads with a few small concrete stretches, tracing the path of a network of trails, hangars and emplacements used during Second World War by the German air force.

Next up is the northern sector of the **Springs of Bars (3)**, a spectacular humid environment listed in the Site of Community Importance 'Valle del Medio Tagliamento' with swampy meadows and hygrophilous woods, surprisingly interspersed with the steppe-like environment of the dry lowlands. Different species of wild orchids that bloom in the Osoppo area from April to June can also be observed along the route.

The final section reaches and crosses the town of Osoppo, hit by the 1976 earthquake and, as per other towns in Friuli, rebuilt exactly to how it originally was, demonstrating that the reconstruction motto in Friuli was 'where it was, how it was'. Along the ring final stretch, there are two religious buildings: the **small church of St. James (4)**, dating back to the 15th century, at the foot of the **Fortress Hill (5)**, and the **three-nave parish church (6)**, mentioned in a document of 1275.



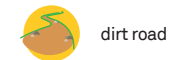
Route general data



7 km



2h 30'



dirt road

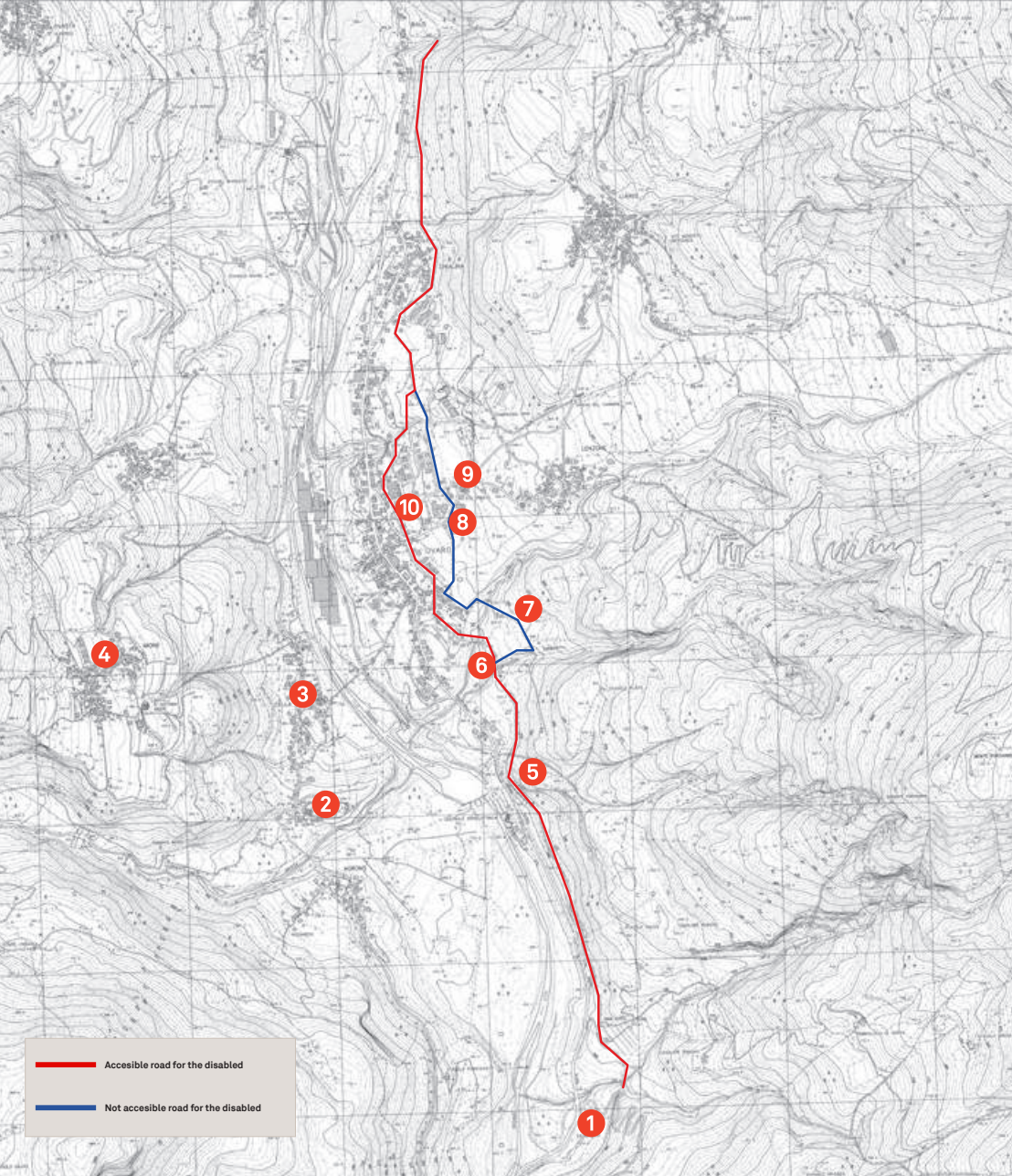


paved road



pet friendly





The walk largely retraces the railway route which once passed through Ovaro and connected the villages of Villa Santina and Comeglians. The route starts at the municipal road that climbs towards the hamlet of Cludinico, famous for its **coal mine (1)**, still open to visitors today. After crossing the stream Rio Furioso, continue along a stretch dominated by high rocky ridges. On the left, you can see the **St. Mary of Gorto Parish Church (2)**, overlooking the hamlet of Cella. The remains of roof tiles and crockery once produced in this hamlet are now preserved in the **dedicated museum (3)**. Higher up, on the right of the Parish Church, rises the **Micoli Toscano Palace (4)**, with its one hundred windows and green enamelled roof tiles, one of the most important interest points at the entrance of the valley. Continuing on the route, on the right, there is a beautiful waterfall and, on the left, a short path that descends under the bridge over the **stream Rio di Runchs (5)**. Further ahead, after the fountain, you cross a steel-structure railway bridge on **stone piers (6)**, constructed back in 1919.

Continue up to the right until you reach a suggestive mule track flanked by dry **stone walls (7)**, once the access road to the town. After having crossed the stream Rio Canonica, you will find yourself in front of the first and **oldest houses (8)** of the town. Walking along the path immersed in the meadows, you will arrive at the **Parish Church of the Holy Trinity (9)**. From this point follow the road that leads to the hamlets of Lenzone and Liaris, respectively with roads leading to Moutn Arvenis and Mount Zoncolan. Leaving the short paved stretch, after the Tourist-Sports Centre, descend to the left on a wide path until you reach the hamlet of Chialina and reconnect with the **old railway route (10)**, at the height of the affordable housing units. The route continues on an embankment just upstream of the town and then crosses another railway bridge alongside which the 'Life Trail', with its sports equipment and fitness trail signs, begins. The route ends at the height of the last railway bridge. From here, reverse the direction of travel to return to Ovaro.



Route general data



4 km



1h 15'



dirt road



paved road

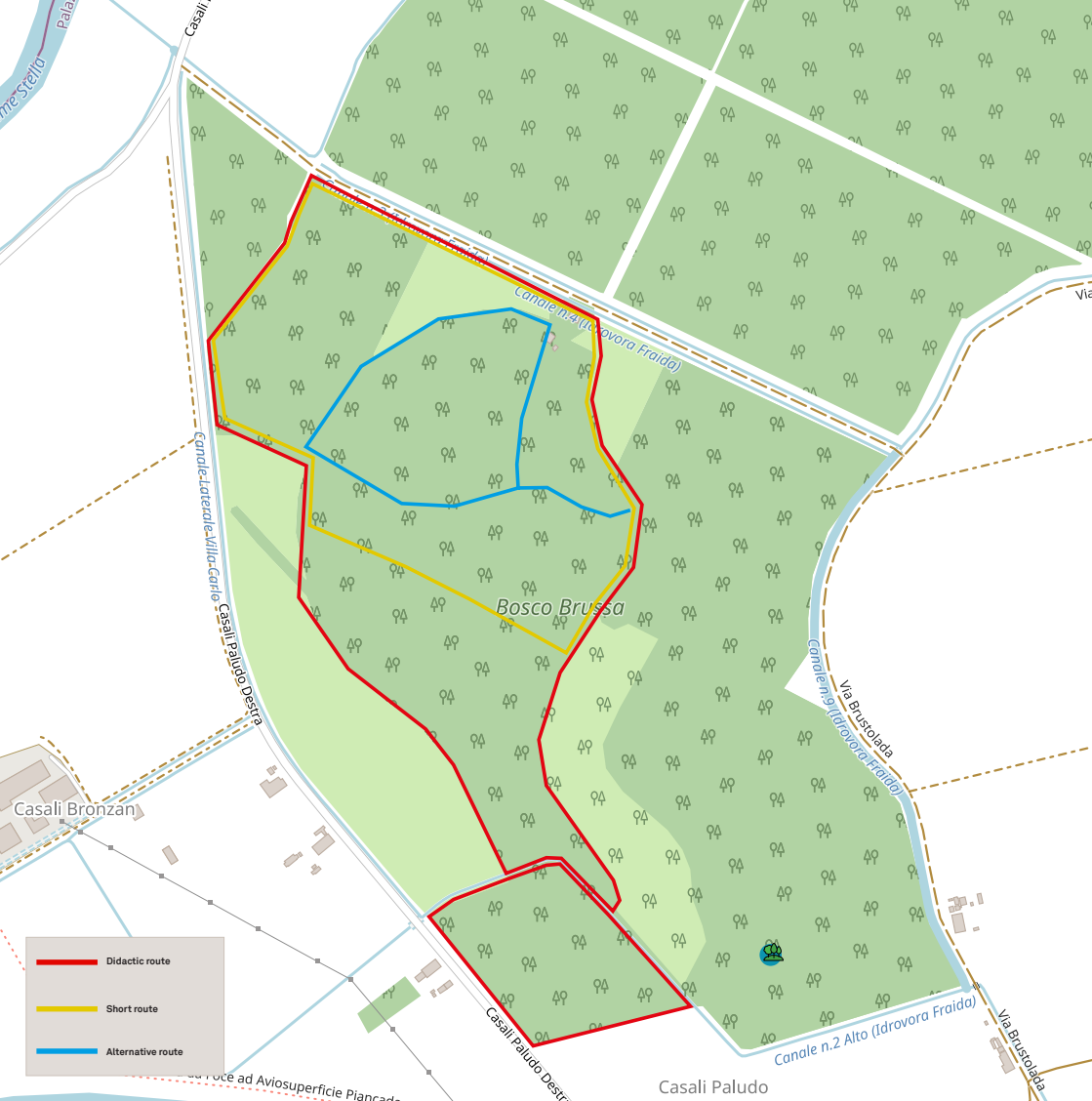


pet friendly



accessible road





This pedestrian route is a flat circular path equipped for either a leisure walk or a short hike.

The itinerary has a total length of 3.5 km and can be divided into three shorter routes, respectively 2.3 km, 350 m and 1 km long. The route, partly grassy and partly dirt surfaced, can be covered in an average of one hour. The rest areas with games, tables and benches, positioned both in the shade and in the sun, make the walk accessible not only to adults, but also families, children and the elderly.

The wood is characterized by the **phytocoenosis of the oak-hornbeam forest**, a habitat of extraordinary naturalistic value. Among the arboreal plants, we can mention the common oak, common hornbeam, field elm, field maple, lime tree, wild cherry and hazelnut; among the shrubs, you can see the one-seed hawthorn, privet and elderberry. Mammals include the wild boar, roe deer, fox, badger, hare, weasel and skunk. In the more humid areas, the common toad and two species of red frogs find shelter.

Among the birds, we find the buzzard, black woodpecker, great spotted woodpecker, green woodpecker, diurnal birds of prey such as the black kite and honey buzzard.

As early as the 1980^s, the Municipal Administration worked on decisive reforestation works in the area, thanks to the valuable contribution of the **'Amici del Bosco Brussa'** association which still manages the area today. The forest was cut down in the 1950s by a company that rented the area to start growing corn. Different cultivation types have been developed, with the aim of verifying the developmental dynamics and levels of resistance over time.

The embankment is nearby. Here you can reach the **'Bilancia di Bepi'**, a traditional lagoon fishing system, and the **Fraida draining pump**. Walking along the canal, you arrive at the **church of St. Anthony the Abbot** and the farm **'Azienda Agricola Marianis'**, renowned in Italy for its organic breeding of the **'Pezzata Rossa'**, an Italian red-pied breed of cattle.



Route general data



3,5 km



1h



dirt road



pet friendly



night time accessibility



accessible road



'A WALK THROUGH NATURE' ROUTE

The cycle-pedestrian route starts from Via Roma, in Pavia di Udine, the municipal capital. The toponym has clear Roman origins, probably dating back to the time of the settlement of the Latin tenant farmers in the countryside of Aquileia.

Places of interest in Pavia di Udine are certainly the two churches - the **parish church of St. Ulderich (1)** and the **small church of St. John of the Flagellants (2)** built in the 15th century - and the three aristocratic residences: **Villa Lovaria (3)**, **Mantica-Frangipane palace (4)** and the **Beretta in Porcia and Brugnera complex (5)**. Leave Pavia di Udine and take the country road behind the Industrial Zone. Walking along the Torre River bank you will reach Percoto (from the Slovenian 'Prehod', meaning ford). Buildings of interest here are the **St. Martin the Bishop Church (6)**, the 15th century house (7) known as 'Colombare', **Villa Frattina-Caiselli (8)** and **Villa Kechler (9)**.

Moving westwards from Percoto along Via Aquileia and continuing on Via Pre 'Zaneto, you will find the village of Popereacco, from the Roman name 'Pauperius', with its late **medieval St. Jerome Church (10)**.

Proceeding along the road you will enter Ronchi, a very common toponym in Friuli which

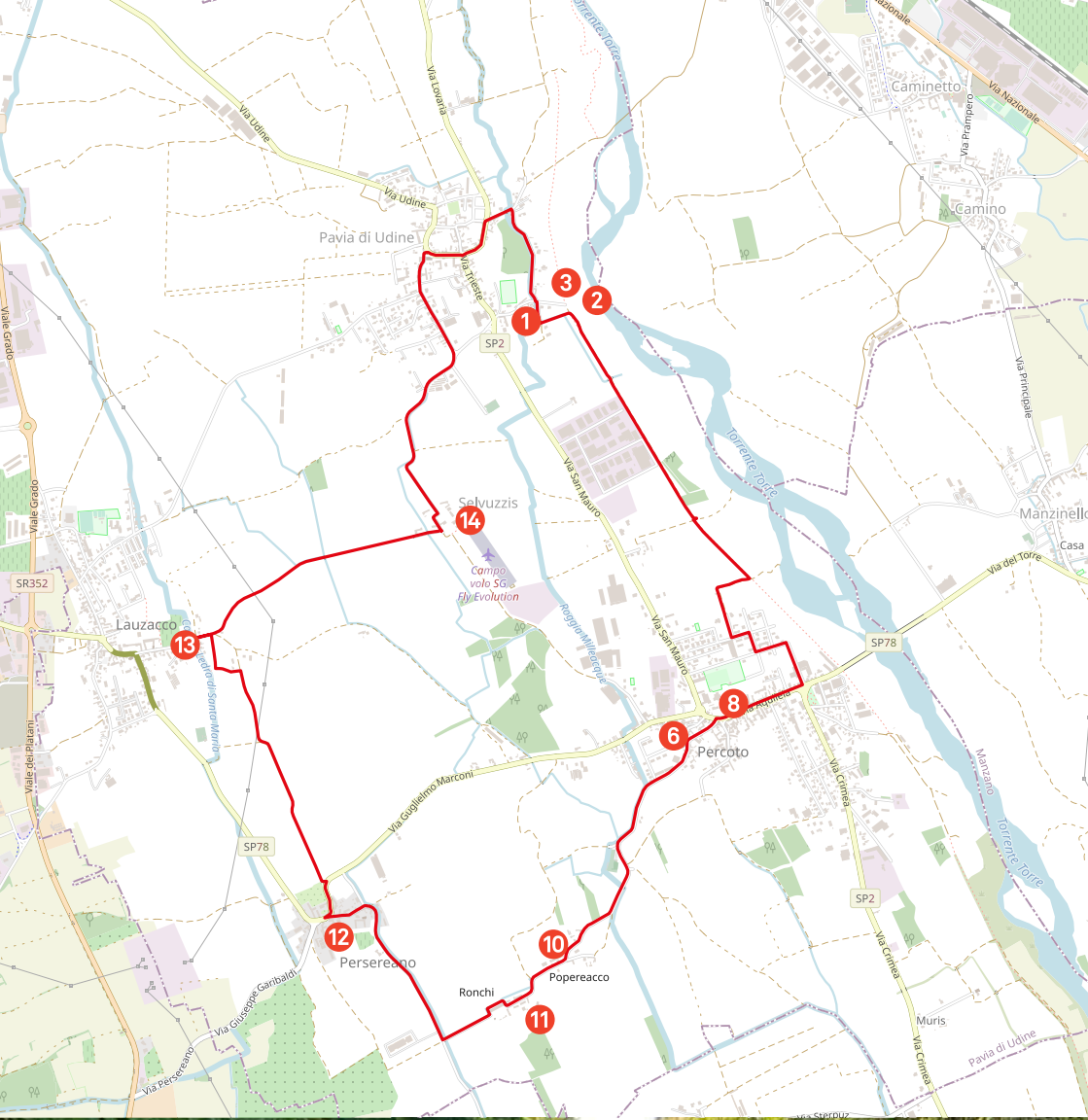
comes from the Friulian verb 'runcare', meaning to cut down a wooded area, to make place for additional farmable land.

The most important building is the 17th century **Villa Della Porta Dorigo (11)**, joined to the St. Jerome Church, dating back to 1300.

Walking along Via Cavour, you will reach the nearby village of Persereano, a originally meaning 'the land belonging to Perserius'. Here the 16th-18th century complex of **Villa Florio (12)** stands out in all its grandeur.

A little further north, travelling along the country road Via Del Molino, you come to Lauzacco, its name probably derived from the Latin-Celtic 'Lautius'. Located in the centre of the municipal area, Lauzacco has been the headquarters of the Town Hall since 1910. Worth noting is the 18th century **Villa Beretta (13)**, with its remarkable stuccos and frescoes, and the adjoining St. Nicholas Chapel.

Via Del Molino will lead you to the hamlet of Selvuzzis, where the 19th century **Villa Deciani (14)** stands, surrounded by its protective stone walls. Continuing on Via Selvuzzis, you return to Pavia di Udine, thus ending the cycle-pedestrian route.



Route general data



13 km



4h



dirt road



paved road



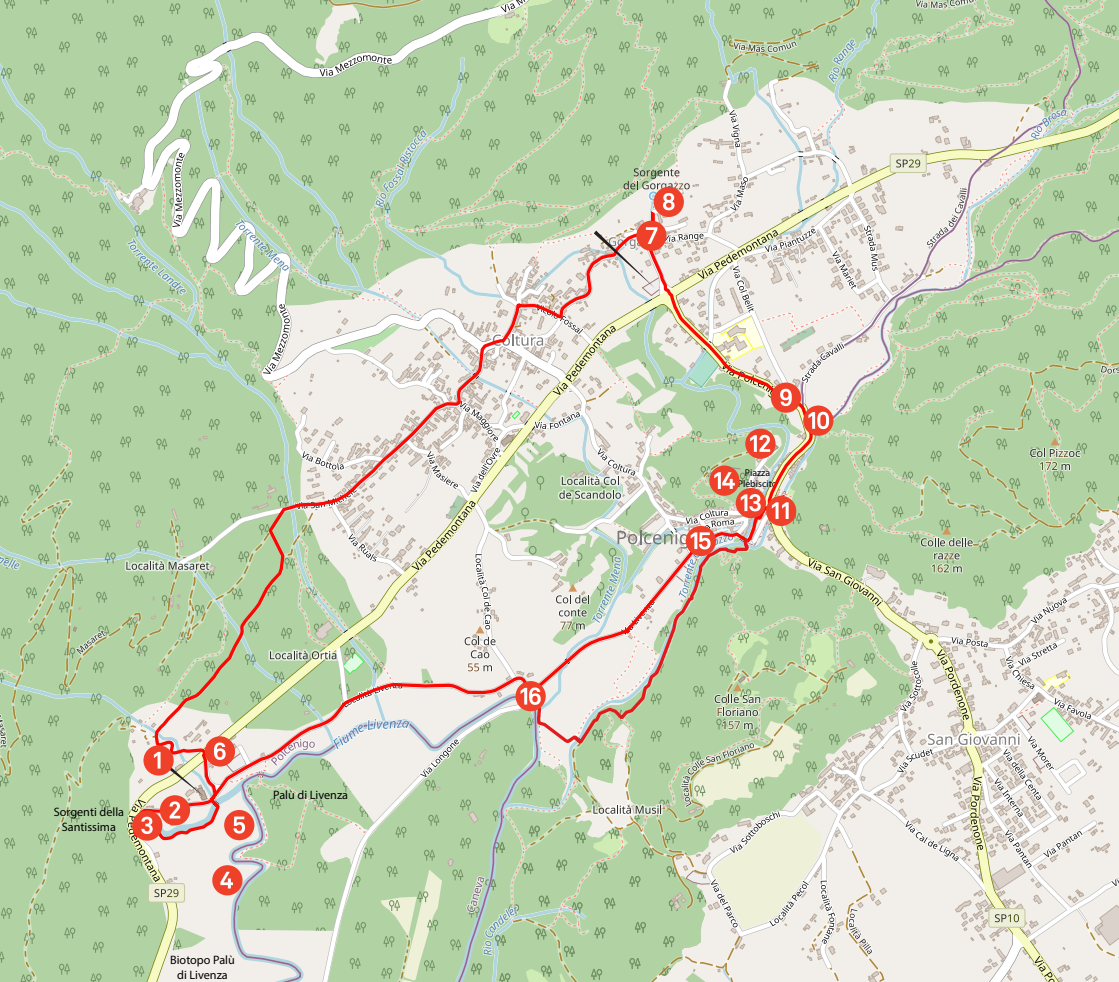
pet friendly



accessible road



THE ROUTE OF THE SPRINGS



The route winds its way through the area of the Santissima springs, up towards the foothills of Coltura and then on to the historic centre of Polcenigo. It starts from the car park near the **Sanctuary of the Holy Trinity (1)**, continues along the stretch of paved road to the **'Madonna degli Occhi' capital (2)** dedicated to Our Lady of Eyes erected on a spring with properties considered to be curative, and continues up to the springs of the **Livenza River (3)**. The springs, together with the **'Palù di Livenza' biotope (4)**, are areas of high environmental value and wetlands that are still well maintained. The tour continues with a small detour to the left, skirting the Livenza River in a loop route as far as the wooden bridge in front of the Sanctuary of the Holy Trinity, and leaving the area of the **UNESCO pile-dwelling site 'Palù di Livenza' (5)** on the right. Continue along via S. Francesco until you come to **St. Francis' Church (6)**. Cross the foothill road and continue up a steep uphill until you come to a clear deviation on the right, on a track that is no longer paved. The dirt track ends in via St. Michele where, crossing the centre of Coltura, you arrive at the Gorgazzo Stream, leading to the **capital of the Immaculate Conception (7)**. Turn left on the footpath to reach the **Gorgazzo spring (8)**, 'a portion of liquid sky with turquoise waters'. Return to the paved road and continue towards the square of Polcenigo, crossing the foothill road again. Continuing along Via Polcenigo, you arrive at the **capital dedicated to Our Lady (9)**, at the intersection with Via Col Belit. Just before the centre, you can see the deviation that leads to Budoia along the suggestive **nature trail of the 'Gor' (10)**. At this point you arrive in the **historic centre of Polcenigo (11)**, a municipality included in

the list of the 'most beautiful villages in Italy', where you can admire the **Convent of St. James (12)**, the **Church of All Saints (13)** and the **Castle (14)**. Continue along the pedestrian road that runs along the Gorgazzo Stream until you reach the Bridge of the Alpini. Here you have two options. The first is to continue along the historic route, turning right on the Bridge of the Alpini and walking left along Via San Rocco, until you reach **St. Rocco's Church (15)**, then continue towards Longone until you reach the Livenza Bridge. The second option is the nature trail, which crosses the stream 'Rui de Brosa' by means of the footbridge, allowing you to walk along the left bank of the Gorgazzo River, sheltered by the tree canopy that continues to the foot of the San Floriano hill. From here, turn right onto the Gorgazzo Bridge to rejoin the paved road; on the left is the **capital of the Piety (16)**. Next, cross the Livenza village and continue until you return to the starting point.



Route general data



7.5 km



2h 30'



dirt road



paved road



pet friendly



accessible road



THE 'DISCOVERING PORDENONE BETWEEN LAND AND WATER' ROUTE

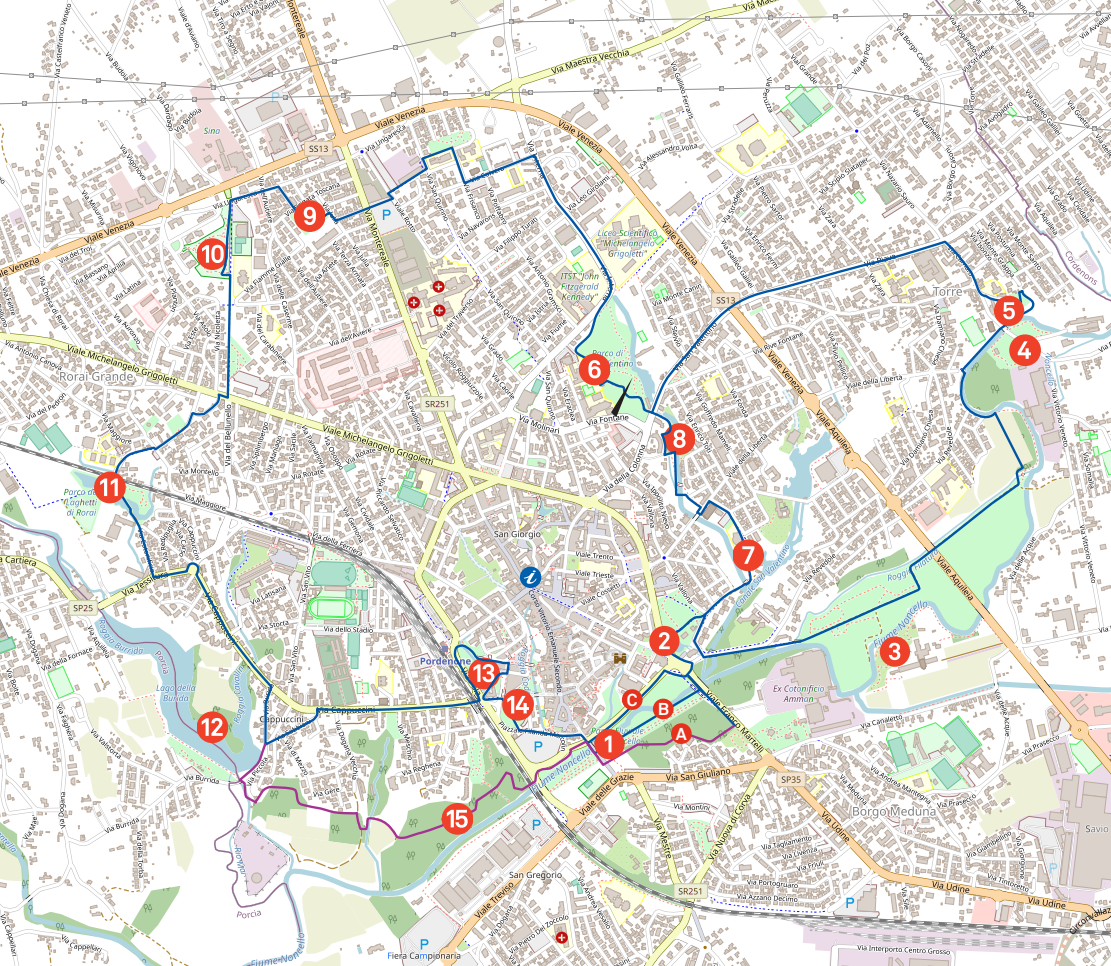
The route develops in a ring starting from the **Adam and Eve Bridge (1)**, and offers 3 options: the **'Path of Female Workers' (A)**, available from 2022, the embankment of the **Noncello River (B)** and **Via Riviera del Pordenone (C)**. These three options are three parallel routes that connect the river to Viale Martelli.

Through Viale Dante, entering **Galvani Park (2)**, you can visit the MIRA, an itinerary museum of the ancient rose and the PAFFI, Palazzo Arte Fumetto Friuli, the Friulian art and comics palace for comics exhibitions. Once you reach Via del Maglio, you will encounter **Seminary Park (3)**. Cross the park and exit at Torre, near Villa Romana, where you can visit the **Archaeological Museum (4)** and **Castle Park (5)**. From here, continue north and enter Via Piave, which leads to **St. Valentine Park (6)**, structured as an 'accessible and inclusive park'. Once you exit Galvani Park, it is possible to shorten the route to reach St. Valentine Park, by taking the road adjacent to **Lake Tomadini (7)** which will lead you north to the **Park of St. Charles Lakes (8)**. At this point, cross Via San Valentino and enter St. Valentine Park.

From St. Valentine Park, continue north on Via Interna, Via Colvera and, crossing the Sacro Cuore Square, on Via San Quirino. By taking the cycle-pedestrian passage that leads to Viale Rotto, reach the Civil Hospital. Cross Via Montereale and continue along Viale Divisione Modotti until you reach the **Immaculate Conception Park (9)**. This park connects with Via Ungaresca, and reaches the Gallini cycle-pedestrian path. Take a short walk through **Cimolai Park (10)**, a reference point for families and runners, made in the style of English landscape parks.

Crossing Viale Grigoletti from Via Rosario, reach the park in Via Casarsa, which leads to Via Maggiore. The **Rorai Lakes Park (11)**, dedicated to the martyrs of the foibes, can be reached through a cycle-pedestrian passage, embellished with a beautiful mural. Once you have crossed the park, exit in Via Cotonificio and continue in Via Tessitura until you arrive in Via Cappuccini. Walking along Via Burida, you will reach the Pordenone side of **Burida Lake (12)**. Next, take Via Sabbioni and return to Via Cappuccini. At the end of Via Cappuccini, having crossed the road, keep slightly to the left to enter **Querini Park (13)**. Take a walk through the park and exit in 'the Bronx' direction, the business district designed by architect Gino Valle. To finish, return to the **IV November Park (14)**, walk through it and, continuing along Via Codafora, close the ring route at the Adam and Eve Bridge.

As an alternative, after Burrida Lake, it is possible to return to the Adam and Eve Bridge by crossing the path in **Regghena Park (15)**, available from 2022.



Route general data



13.5 km



2h 15'



dirt road



paved road



pet friendly



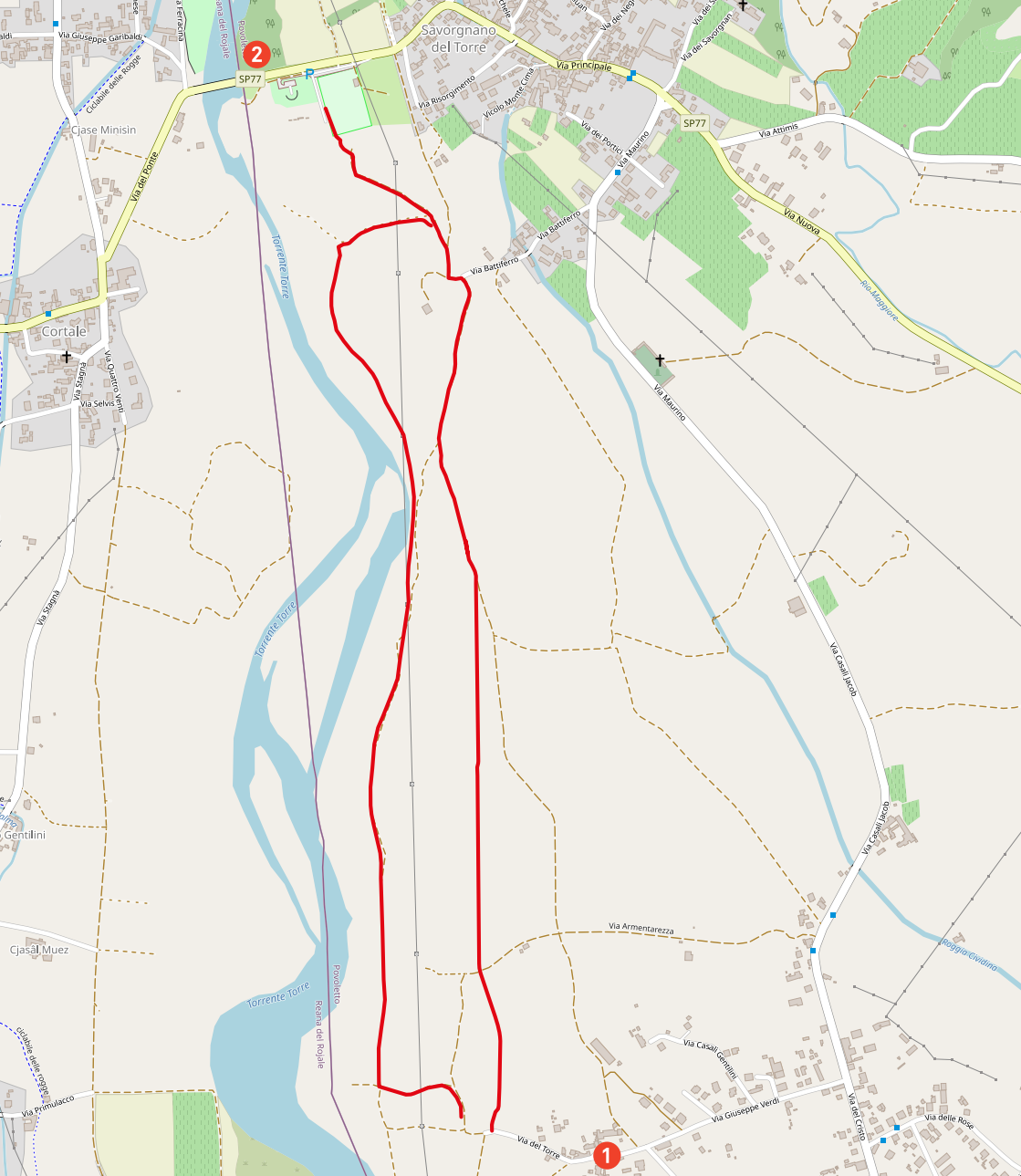
night time accessibility



accessible road



ALONG THE RIVER TORRE



The route called 'Along the River Torre' runs entirely inside the territory of the municipality of Povoletto. It runs for approximately 4.7 km along the river bank, and on natural and unpaved paths. The route is ring-shaped despite having two different start and end points. One is located in the hamlet of Primulacco and the other in the hamlet of Savorgnano.

The main departure point is in Primulacco, a short distance from the Agriturismo 'Da Laura' and the old church of San Nicolò (1), rich in medieval frescoes.

The path runs for more than 1 km along the Torre's riverbank, with countryside on the left and the Torre's floodplain, which alternates between meadows and wetland forests on the right.

On this stretch of the route, you can admire both the hills of Savorgnano and the entire range of the Prealpi Giulie.

On the edge of the embankment, there are two rest points with benches which have views of the mountain and the plain.

Approaching Savorgnano, you leave the riverbank and continue on the path alongside a dirt road, crossing the meadows until you reach the riverbank located immediately south of the arrival point in Savorgnano.

To return, retrace your steps and after about 200 meters, you will find yourself on a dirt road that goes towards the floodplain of the Torre (2). After following it for about 150 meters, you come to a path that runs alongside the Torre's floodplain, in the middle of the wetland forest, which takes you back to the starting parking lot at Primulacco. There are also two stopping points with benches along this stretch of the route.



Route general data



4.7 km



1 h



dirt road



pet friendly



accessible road



Povoletto

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The starting point is the **small church of St. Mark the Evangelist and St. Thomas the Apostle (1)** of Vergnacco. Built in 1360, it became sacramental a hundred years later and was then enriched, in 1504, with works of art commissioned to important artists such as Bissone and Giovanni Martini.

Continuing along Via San Gervasio, you find yourself walking along the new 'Vergnacco-Qualso' cycle-pedestrian track, which is parallel to Provincial Road 38 of Cornappo.

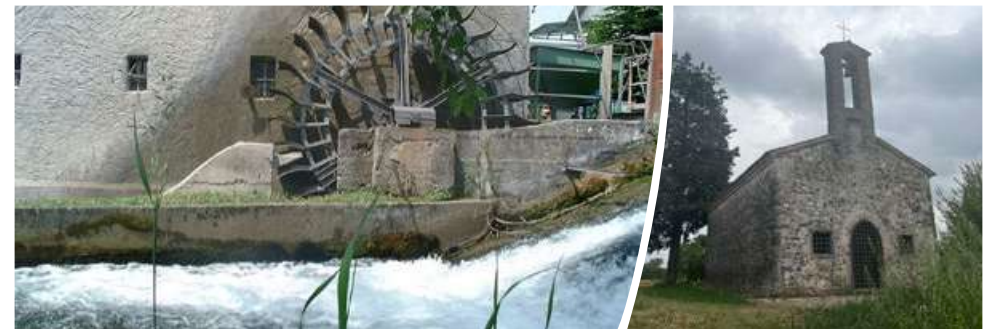
This paved part of the route, straight and without gradients, about 1 km long, is an equipped and shaded rest area.

Continue until you reach the intersection with Provincial Road 58. Proceed westwards on Via Fanzio, and then join the dirt road of Via San Gervasio, which leads to the **Church of Saints Gervase and Protase Martyrs (2)**. The church dates back to the 14th century and was restored in 1773. From this point descend southwards on the country track along the Mossolino Stream until you reconnect with the cycle-pedestrian path parallel to Provincial Road 38, which leads you back to the starting point.

From here, you can easily reach the hamlet of Zompitta, where you can take the 'Walk along the Canals', a path along the artificial canals used for irrigation. It is characterised by the charm and beauty of water and by the cultural and scenic value of the places. Starting from Zompitta, a site of water intake works, proceed southward. The first part of the route winds through ancient buildings such as the **Minisini House**. During the walk, various drops and differences in height enliven the watercourse. Proceed to the hamlets of Cortale, and then Valle, where the **Segat Mill** is located. The mill is currently active producing corn flour. From here, you can reach the place where the canal splits in two, giving origin to the Udine Canal and the Palma Canal, or 'Turisiella'. Continuing your walk, you reach the **mills of Remugnano**, crossing Via Mussarie.

As an alternative, you can take the route to Rizzolo, a village characterised by the presence of an artificial canal, the **old Berini furnace** and the **Sbuelz blacksmiths workshop**.

A final stretch of the route leads you to the **small church of St. James in Tavella**, in the hamlet of Ribis.



Route general data



3.37 km



1h



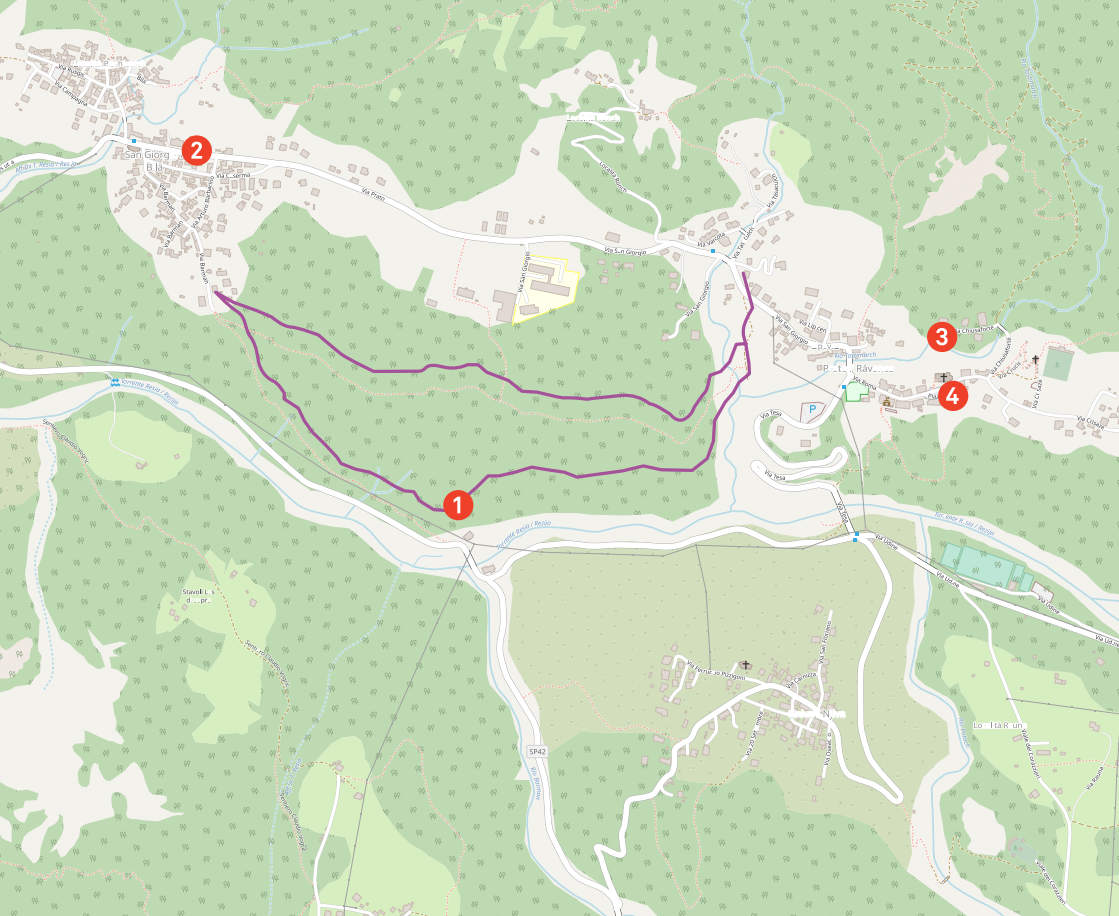
dirt road



paved road

pet
friendlyaccessible
road

'THE ENCHANTED WOOD' ROUTE



The route develops between the hamlets of Prato and San Giorgio, along the south-facing slope, at an altitude between 380 and 460 m a.s.l.

This ring route, about 3.6 km long and mainly with grassy or dirt surface, winds through meadows, pine forests and broad-leaved tree woods. The route starts in **Majana di Lipovaz** in Prato di Resia. To reach Majana di Lipovaz, park in Piazza Tiglio, in Prato and follow the paved road for 0.5 km.

Follow the short stretch that descends through the meadows and, after passing a small bridge, you will find yourself in surrounded by a number of erratic boulders of glacial origin, some of which, in different points along the path, were sculpted by the Brescian Diego Marangoni. At the end of this stretch, you reach the bridge over the Resia Stream and the neighbouring **Rio Barman hydroelectric power station (1)** where, with a small detour, it is possible to stop in the equipped area near the stream and the power station itself.

Continuing along the uphill path towards the hamlet of San Giorgio, you will reach the town centre of Resia with the **Museum of the former social dairy (2)**, open only in summer or upon appointment. An easy path leads to the starting point, where it is possible to visit the **Sanctuary of St. Mary of the Assumption (3)**, first mentioned back in 1098. Today the sanctuary is a parish church. On its main altar, the sanctuary houses the gilded wooden statue of Our Lady of Resia, sculpted in 1525 by Giacomo Martini. Of particular importance is also the **Visitor Centre of the Julian Prealps Natural Park (4)** housing the IAT - Informazione e Accoglienza Turistica, the tourist information centre.



Route general data



3.6 km



1h 20'



dirt road



paved road

pet
friendly



The '10 Thousand Steps in Ruda' pedestrian route is a ring that touches historic places and passages, and includes two equipped areas for outdoor sports activities.

The route is also part of the existing 'Celestial Path' which crosses the municipal territory of Ruda.

The route starts from the square of Ruda, a place designed for the community, with layouts and historical territorial landmarks of the late 19th century, in which the Church and the Town Hall are no longer considered in contrast, but become fundamental elements of a pedestrian area of high urban quality.

A few years ago, the area was renewed as part of a public works program and gained the value it deserved.

The route then continues following the 'Clipigna road' which flanks the parish recreation centre and joins a pleasantly accessible gravel road, well hidden and immersed in the greenery of the country-side. This road leads to the town of Mortesins. Here, facing the square, you can visit the **small church of St. Barbara (1)** and also practise some sports at the first of the two **equipped areas (2)**.

Continue for a stretch of the road and then deviate into Via della Mondina, until you reach the hamlet of San Nicolò. Here you can admire the **bridge over the canal (3)**, which still retains part of the parapet with the original ornamental frieze.

Near San Nicolò, you will find the second **equipped sports area (4)**, with areas sheltered from the sun.

The hamlet of San Nicolò is an interesting and particular testimony of a rural settlement in the Lower Friulian area. Today, San Nicolò retains very few traces of the ancient medieval village.

It stood at the intersection of two important roads: the Levata, which connected Aquileia to the fords of the Torre, in the direction of Cividale, and the road to the boat pass on the Isonzo River.

What makes San Nicolò so typical is the presence of the religious building, formerly a link between the fords of the Torre river and the port of Aquileia, a boarding location for boats bound for the Holy Land.

The route continues in the direction of 'Cortona', along a stretch of Via Ponte Vecchio and proceeds through the countryside until it reaches the **Torre River embankment (5)**.

The route, sided by the river, now offers a pleasant stretch immersed in the green countryside and leads travellers back to the town of Ruda, to Piazza Libertà, and finally to the finishing point of the route.



Route general data



9.5 km



1h 30'



dirt road



paved road



pet friendly



accessible road



THE 'DENIS ZANETTE' ROUTE ALONG THE PAISA STREAM

The antique and attractive town of Sacile, called the 'Garden of the Serenissima' during the Republic of Venice, is the westernmost municipality of the Friuli Venezia Giulia region. Sacile can be considered a 'water town', since it originated and developed along the banks of one of the most important rivers in Friuli, the **Livenza** (1).

The route, and the cycling track running along the **Paisa Stream** (2), an affluent of the Livenza River, are both dedicated to the memory of Denis Zanette (1970-2003), the cycling champion from Sacile who died prematurely. The route is part of the urban development project of the Town of Sacile started at the beginning of 2000, to promote healthy lifestyles and prevention in its different aspects, as indicated by the WHO and the Italian Network of Healthy Cities, of which Sacile is a member.

This route develops in the city of Sacile for about 4 kilometres. It is suitable for families, elderly people, walk groups, nordic walking and more. It is mostly a pedestrian and cycling track and develops on existing trails.

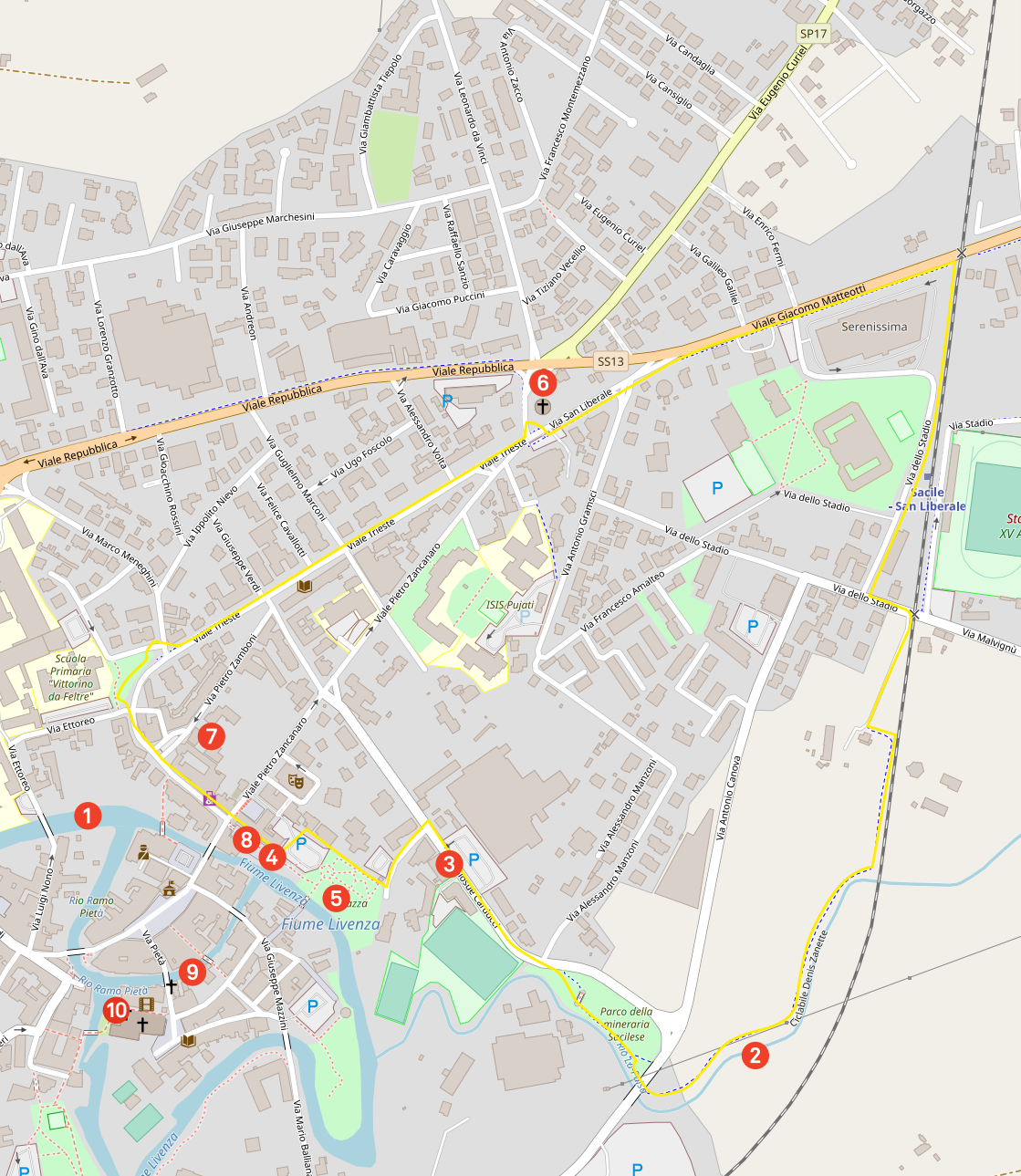
Its starting point is the parking area of Via Carducci, in front of the '**Forum Due Mori**' (3) social centre, an aggregation and reference

place for many inhabitants of Sacile, mostly elderly.

The route then partly runs along the existing 'Denis Zanette' pedestrian and cycling track and continues through San Liberale, until it returns to the historical centre through Viale Trieste, Via Cavour, **Corte Ragazzoni** (4) and **Ortazza Park** (5).

The itinerary, mostly unwinding in a picturesque natural area, is magical. The remaining part of the route develops in the historical centre and is therefore equally fascinating and interesting. Along the urban path, it is possible to admire the **church of San Liberale** (6) and the **tower of San Rocco** (7), erected between 1470 and 1485 to defend the town from the Turkish invasion. Of the five towers, this is one of the three still standing. The towers are connected to each other by underground tunnels, which originally, together with a wall, defended Sacile.

Another attraction worthy of a visit, and perhaps the most representative building of Sacile's past is the elegant 16th-century **Ragazzoni Palace** (8), which bears the name of the last illustrious family of Venetian ship-owners and merchants who lived there.



Route general data



4.0 km



1 h



paved road



pet friendly



accessible road



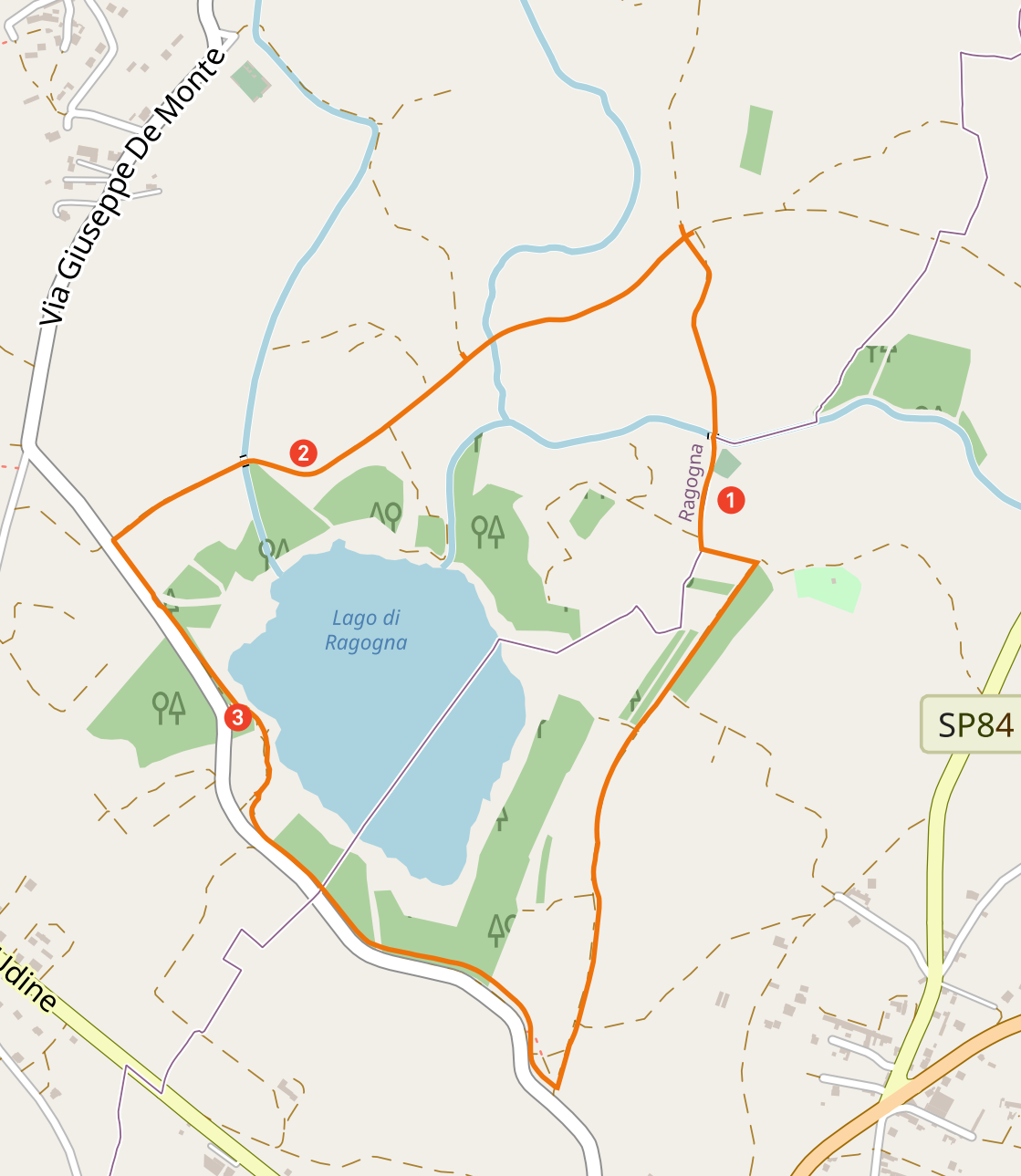
night time accessibility



Sacile

www.comune.sacile.pn.it

THE RAGOGNA LAKE AND SAN DANIELE TOURIST ROUTE



The **Ragogna Lake** is the last example of an intermorainic lake formed from the retreat of the ancient glacier of the Tagliamento River. It extends for almost 23 hectares, of which 15 in the Municipality of Ragogna and 8 in the Municipality of San Daniele. It is located at 187 m above sea level, and is approximately 10 meters deep. Fulfilling the naturalistic and ecological requirements, the lake, together with its environment, is listed as a Site of Community Importance (SCI IT3320020 - **Lago di Ragogna**). The route is a dirt road partly unwinding on a cycling-pedestrian area and partly on a vicinal road, which is also used for agricultural purposes. Its total width of 4,299 m stretches for 2,391 m in the territory of Ragogna and 1,908 m in that of San Daniele. The whole route, classified as a low difficulty trail, presents no differences in altitude and is accessible to everybody. Walking slowly, the average travel time is about 1 hour.

The route presents point of historical and naturalistic interest.

The Jewish Cemetery (1): this cemetery, still in use today, is evidence of the presence of the San Daniele Jewish Community from the 18th century. It was built in 1735 and its most ancient gravestone dates back to 19 March 1742.

The Kric Cave (2): a natural amphitheatre where peat, lignite, conglomerates and tuffs were extracted; used from the 17th century and abandoned in 1950.

Presence of Meso-Neolithic settlements dating back to 5,000 B.C.

Biodiversity

Flora: presence of common reeds, common rushes, water lilies, and European water chestnuts (*Trapa natans*). Presence of long-duration pastures, alders and poplars on the outskirts.

Fish fauna: rich in carps, pikes, European perches, pumpkinseed fish, common rudds, chubs, tenches. Fishery is practised.

Bird fauna: staging point for several migratory birds (mallard ducks, coots, garganeys, common moorhens, great crested grebes, grey herons, little grebes, great northern divers, mute swans, great bitterns). Large quantities of dragonfly species.

Look Out Point (3): on the southern bank, a lookout tower for observing wildlife represents an excellent place to enjoy the view of the lake and the surrounding mountains.

The route offers many alternative trails which can be explored by foot or bicycle.

Part of the vicinal road coincides with part of the *Romea Strata - Allemagna* route.



Route general data



4,3 Km



1 h



dirt road



pet friendly

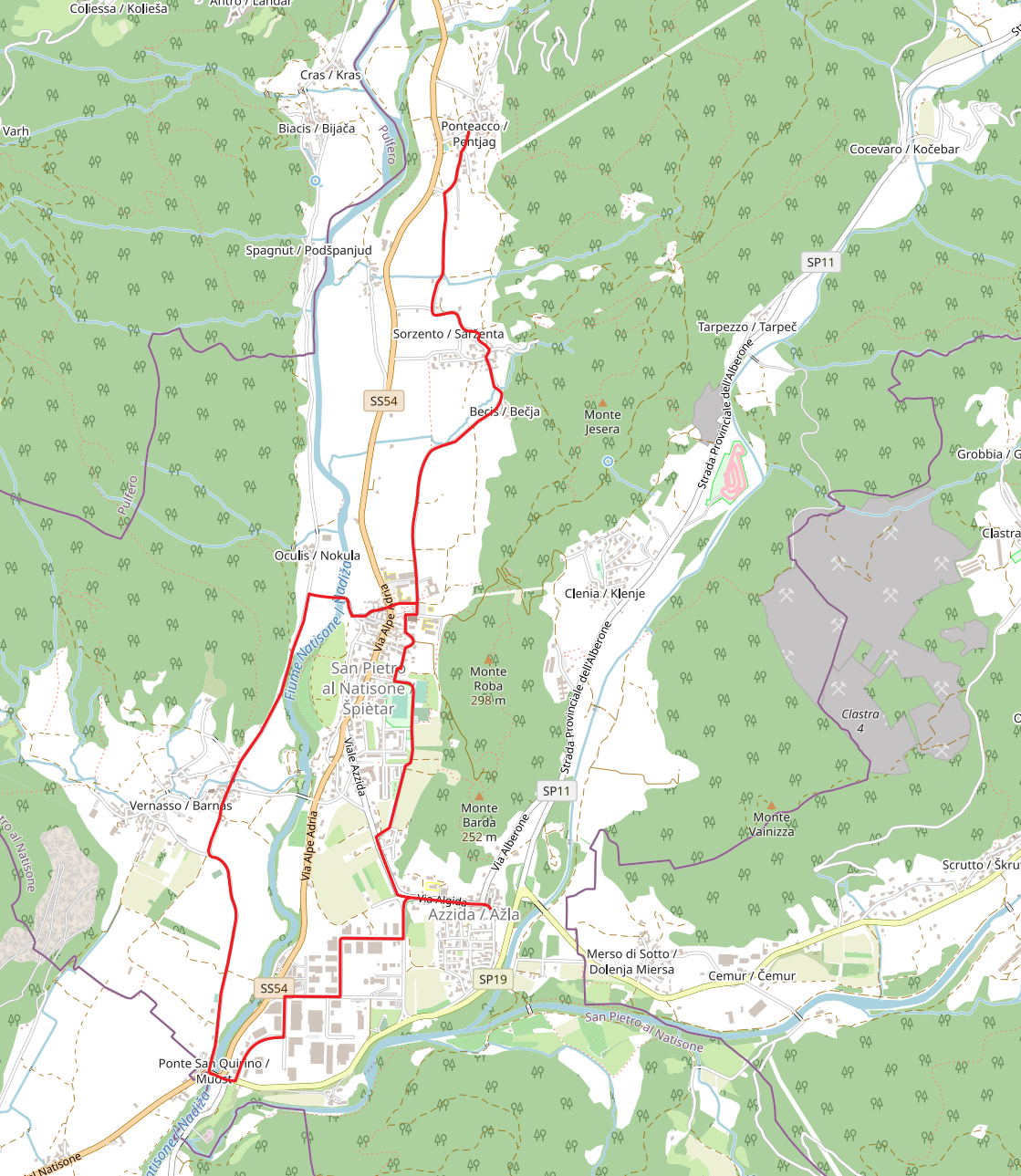


accessible road



San Daniele del Friuli
Ragogna

www.comune.sandanieledelfriuli.ud.it - www.comune.ragogna.ud.it



The **'Natisone tourist route'** winds through the hamlet of Azzida, passes through San Pietro al Natisone, continues towards the hamlet of Sorzento and ends in the hamlet of Ponteacco. The entire route offers the following points of historical and naturalistic interest.

Azzida: first mentioned back in 1175, it is one of the oldest hamlets of the Natisone Valleys and the largest inhabited centre in the Valleys at the beginning of the 20th century. Here you can visit the ancient **Church of St. Silvester** (13th-14th century).

Borgo San Pietro – Sorzento: Borgo San Pietro is the central hamlet of the municipality capital that leads to the hamlet of Sorzento, with the historic **'Gorica' square** and the 1872 **fountain**.

Ponteacco: rich in historic hamlets, among which the **Corene hamlet** (mentioned in maps since 1780 when the village formed a single municipality together with Vernassino) and the **Petrina Santa Dorotea hamlet** which leads to the homonymous church and the unique farmhouses with the typical construction structure of the Valleys as in the upper part of the Goriza hamlet.

Biarzo: the **Biarzo Shelter** is a prehistoric and protohistoric site, among the most important in the north-eastern Alpine basin, where stone tools, dating back to between 11,000 and 9,000 years ago, were found. The **Biarzo Mill** was built in 1821 and remained active until the disastrous Natisone flood of 1958. It was restored after the 1976 earthquake and today it is a tourist information centre.

The Mill can be reached through the **didactic-naturalistic path 'Ponteacco-Natisone'**, the **'Path of the Cross'**, running among nature, water and history where you can walk in any season.

Vernasso – Ponte San Quirino: the **Vernasso Mega-stratum** represents one of the most powerful sedimentary bodies originated from a single episode of deposition (submarine landslide). Evidence of the Roman age is present near the Vernasso bridge. From the San Quirino Bridge you can see the narrow and deep gorge that the water has carved out over the centuries. The bridge takes its name from the homonymous **church** of the 13th-14th century, built on the ruins of a Roman temple dedicated to Diana.



Route general data

- 8.5 km
- 2.5 h
- dirt road
- paved road
- pet friendly
- night time accessibility
- accessible road










The 'Walking in the Magredi' route is part of a large area of strong environmental, landscape and naturalistic interest between the Municipalities of San Quirino and Cordenons. The 'magredi' meet the requirements of the 'Natura 2000 Network' sites and therefore fall within the Special Areas of Conservation (SAC) and Special Protection Areas (SPA). This special, protected environment, besides the poorer grasslands, presents extraordinary ecotonal variations in the natural environments close to the cultivated areas, with a significant presence of wildlife, including wolves and golden jackals. These dry grasslands host the most complex and rare species of flora and fauna of the entire right side of the Tagliamento River. It is the largest non-anthropised area in Northern Italy. Considering only the Municipalities of San Quirino and Cordenons, the area covers about 1900 hectares. The **biotope of San Quirino** is located halfway along the route. It is a small developed grassland of about 20 hectares, with a rich vegetation typical of the original prairies of which it retains the original characteristics.

Starting and arrival points
 A-North. The **Brolo Park of Villa Cattaneo (1)** - in the historical centre of San Quirino - includes over 10 fenced hectares of meadows and groves. Refreshment points are located nearby. Near the Villa, a **Magredi Information and Research Centre (2)** offers useful information to visitors.
 B-South. The **Parareit Park (3)** in the Municipality of Cordenons is located in an important naturalistic-environmental site, between the Magredi and the **Vincharuzzo Karst Spring (4)** SACs. The 'Walking in the Magredi' route unwinds from North to South on low ground, along rural existing paths. It is characterised by different trails and walking distances. The main signalled route is 10.744 m long with a difference in altitude of 63 m. It crosses the biotope and prairies of San Quirino and the Cellina dry grasslands. The route is safe and accessible to users with different abilities. It can also be accessed by people with disabilities.



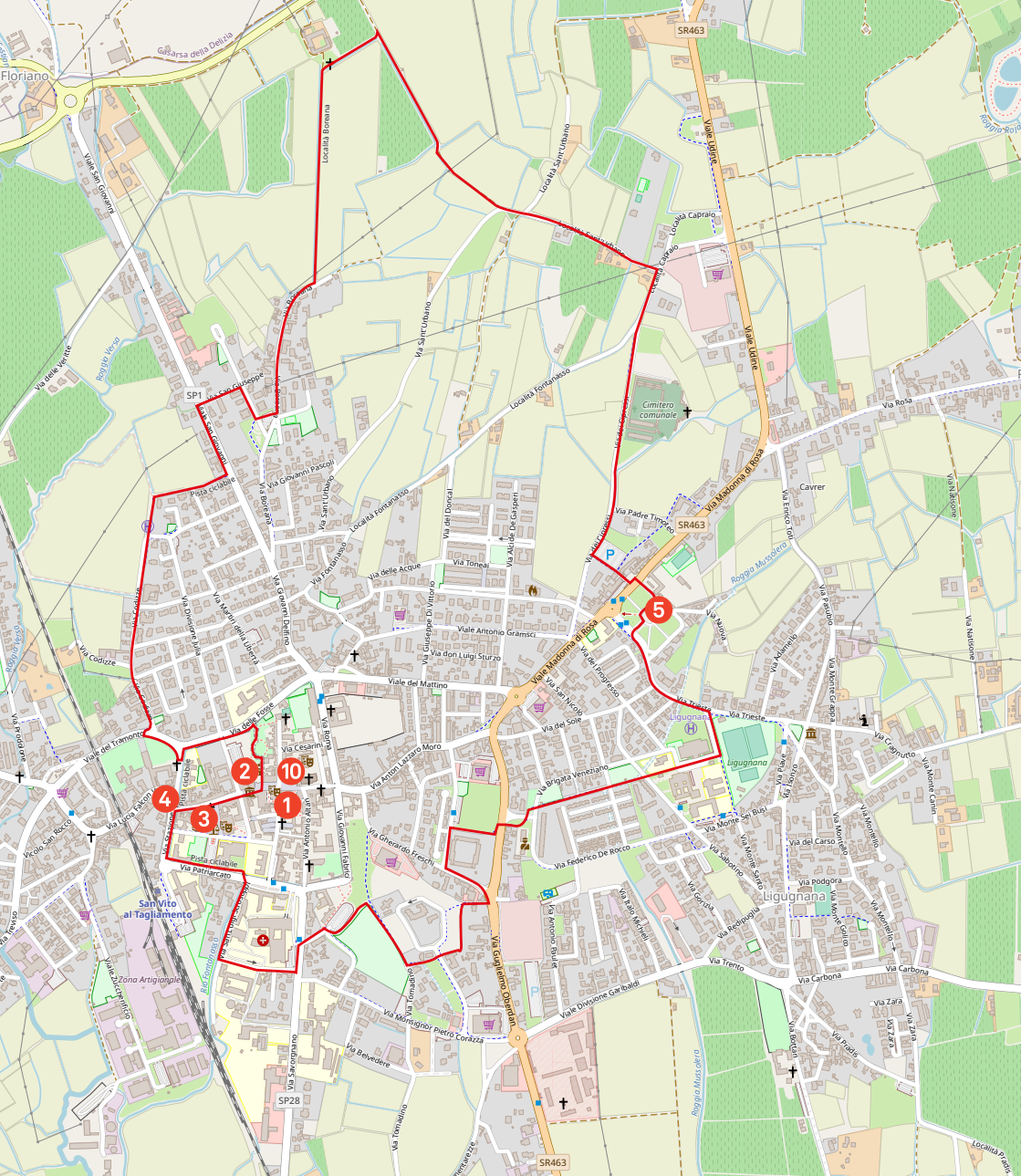
Route general data

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San Quirino - Cordenons

www.comune.sanquirino.pn.it - www.comune.cordenons.pn.it



San Vito al Tagliamento offers both casual walkers and runners the incredible opportunity to blend in with the varied surroundings of its landscape. The 9.1 km long route alternates the fascinating atmosphere of the town centre with its historical buildings with the rural environments. These environments are not only interesting from a naturalistic point of view but also from a historical one as they are the memory of a rural culture sung by Pier Paolo Pasolini in the famous novel 'A dream of something', and forever present in the local social fabric.

Starting from the central **Piazza del Popolo (1)**, the first part of the route unwinds along streets in the centre of the town. After passing under the historical **Raimonda Tower (2)**, walk along the new **Via Amalteo**, leaving on the left **St. Lawrence's Church (3)** and the annexed Dominican convent. Next, cross the **Saetta Bridge (4)**, from which you can admire the ancient Austrian prisons on the right.

Thanks to the well-developed network of cycle and pedestrian paths, it is possible to safely cross what can be considered the town's healthcare area, with the healthcare centre, hospital, IRCCS 'E.Medea - La Nostra Famiglia' research centre,

mental health centre and nursing home, witness of the calling to help people in need, always dear to San Vito.

While still walking along safe paths and crossing beautiful residential areas, you reach the Ligugnana school and sports centre and the Madonna di Rosa hamlet near the impressive **Sanctuary (5)**. From here, along **Via dei Cipressi**, you arrive at the hamlet of Sant'Urbano, with its vineyards and other cultivations. Then, through easy country roads, reach **Villa di Casabianca (6)** and the **capital of San Giuseppe in Boreanona (7)**. The cycle and pedestrian paths are equipped with benches, offering a quiet spot for a rest. Once you have arrived in the residential area of Favria, north of the railway, it is possible to return to the centre of town. Enter the **Rota Park (8)**, near the **old anti-aircraft bunker (9)**, where you can admire the greenhouse hosting a permanent exhibition on the life of Serbian writer Milos Cernianski, and then exit again into **Piazza del Popolo**, next to the **Municipal Palace (10)**. This palace was once the house of the noble Altan family and later that of the Rota Conturbia family. It was also scene of those peasant rebel movements described in Pasolini's novel.



Dati generali percorso



9,1 km



2h 46'



tratto sterrato



tratto asfaltato



animali consentiti



percorribilità facilitata



San Vito al Tagliamento

www.comune.san-vito-al-tagliamento.pn.it

THE BORDER PATH



The **Border path** is a ring circuit on dirt roads that passes through the rural villages of Jalmicco, San Vito al Torre, Visco and Nogaredo al Torre. The route starts in Jalmicco, a typical rural village, near the church of the **Queen of Victory and Peace (1)** surrounded by twenty-two cypresses, dedicated to the fallen of the Great War and built in the early 1900s on the former border between Italy-Austria and Hungary. From the church, take the paved road, which then leads onto the dirt path. The route crosses the evocative rural landscape, typical of the lower Friulian plain, characterised by the presence of fields, bordered by rows of **mulberry trees (2)**, and small lowland groves. Among the peculiarities of this area, there is a **splendid monumental tree (3)**, a European nettle. You can reach it with a small detour into the countryside, where you will also find a rest area and the ruins of an old Friulian farmhouse, near Jalmicco, in Via Fornace (furnace), a toponym that testifies to the existence of furnaces in this area already during the Roman period.

The historic villages, which can be reached through the circuit, conceal precious evidence of the history of these places. In Visco, you can visit the **Museum on the Border (4)**, a building that housed the former customs house on the Italian-Austrian border. A multipurpose venue, open to host meetings, temporary exhibitions and cultural events, the museum tells the history and displays the images of the village. Overlooking the square in the historic centre of San Vito al Torre stands the **parish church of Saints Vitus and Modest (5)**, built in the 18th century. The village develops lengthwise starting from the church and is characterized by public spaces and private buildings of high

historical and cultural value.

One of the attractions of Nogaredo al Torre is the ancient historic medieval village and the imposing complex of **Villa Gorgo (6)**, built in the 18th century, with the typical 18th century setting, the elegant side wings, 'barchesse', the garden, the large park and St. Andrew's Church (built in 1330 and restored in 1800) with its small square. In the past, Nogaredo was the seat of the Customs House and the Post Office. In this area there is also a ford of Roman origin, called the 'Archduke's ford' as it was once an obligatory passage for those who wanted to reach Vienna from Italy. Also in Nogaredo, you can find the building that housed the old Austro-Hungarian customs house.



Route general data



7.75 km



2h 15'



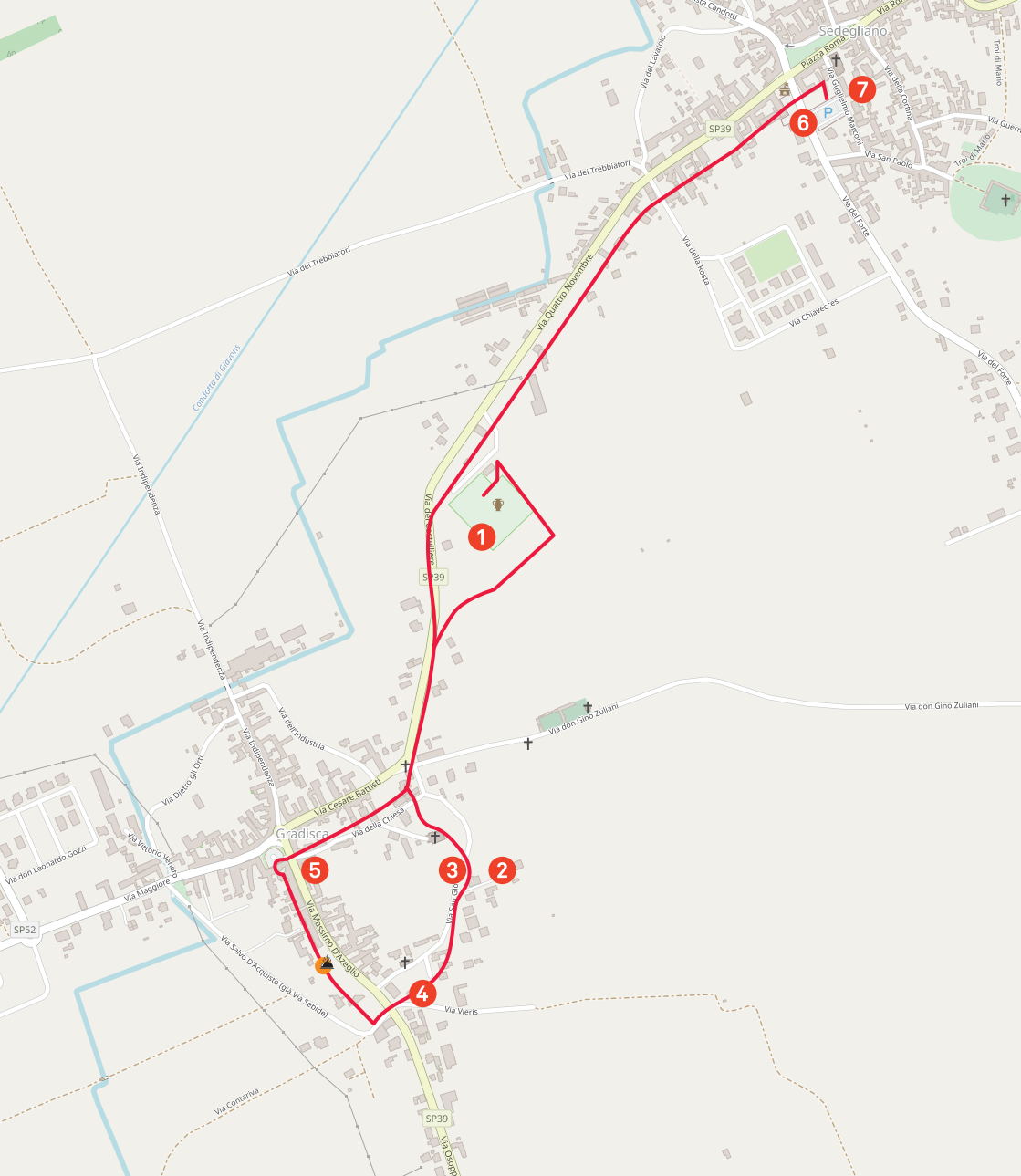
dirt road



pet friendly



THE ROUTE OF THE 'CASTELLIERE' OF SEDEGLIANO, CENTURIATION, HISTORY AND PATH OF FAITH



The route extends over a flat area of morainic origin between the villages of Gradisca and Sedegliano, part of an amphitheatre with a total width of about 30 km. The starting point is at the entrance to the Sedegliano sports field. **The Castelliere (1)** is a fortified settlement dating back to the Ancient Bronze Age; it is recognizable by the perfectly preserved embankment, which encloses it. On the same site there is a museum, which protects the archaeological excavations. These consist of the three different phases of construction of the embankment and burial casts. Four graves dating back to the Early/Middle Bronze Age can be observed. These contain five bodies, two of which overlapping. There is an interesting grave, the skeleton of which can be traced back to a person who was predominantly active on horseback during his life, and therefore nicknamed the 'grave of the mounted warrior'. Walking along the outer part of the Castelliere, you cross a strip of land rich in local flora, consisting of essences planted over time to celebrate the municipality's newborns.

After crossing a small bridge, continue along a small dirt road to cross the paved cycle path, and then turn left towards Gradisca.

At the end of the cycle path there is an icon in memory of the soldier Francesco de Campo, who died in 1917. Continuing along Via della Chiesa you come to the 'Curtain of Gradisca' (2), remains of an ancient fortification built to protect peasants against barbarians, with the **Church of St. Stephen the Protomartyr (3)** surrounded by the 15 icons of the Way of the Cross, dating back to 1748, repainted by the artist Aurelio Mariani. In the parish church you can see the right side portal made by Pilacorte (1515) and inside the fresco of the Martyrdom

of St. Stephen by Gian Carlo Bevilacqua (1839). Along the moat, continue to the **small church of St. George (4)**, built in the 15th century, which preserves a precious 16th century fresco by Marco Tulissi. Outside you can admire a spectacular image of St. Christopher.

Turning right towards the centre of Gradisca, you can admire the **Venier Palace (5)**, an 18th century building.

Resuming the cycle path in the direction of Sedegliano, you reach the town centre where the **Birarda-Manin Palace (6)** is located. Today this building, once the castle of the medieval gastald (1256) and the residence of the Manin noble family (1578), is the current seat of the town hall.

Facing the square is the **Church of St. Anthony the Abbot (7)**, whose present structure dates back to 1700. Inside there is a copy of the original altarpiece by the famous painter Pomponio Amalteo (1553) and a precious high altar dated 1751-1762.

Retracing the same road, after about 900 metres you will reach the starting point.



Route general data



3.9 km



1h 15'



dirt road

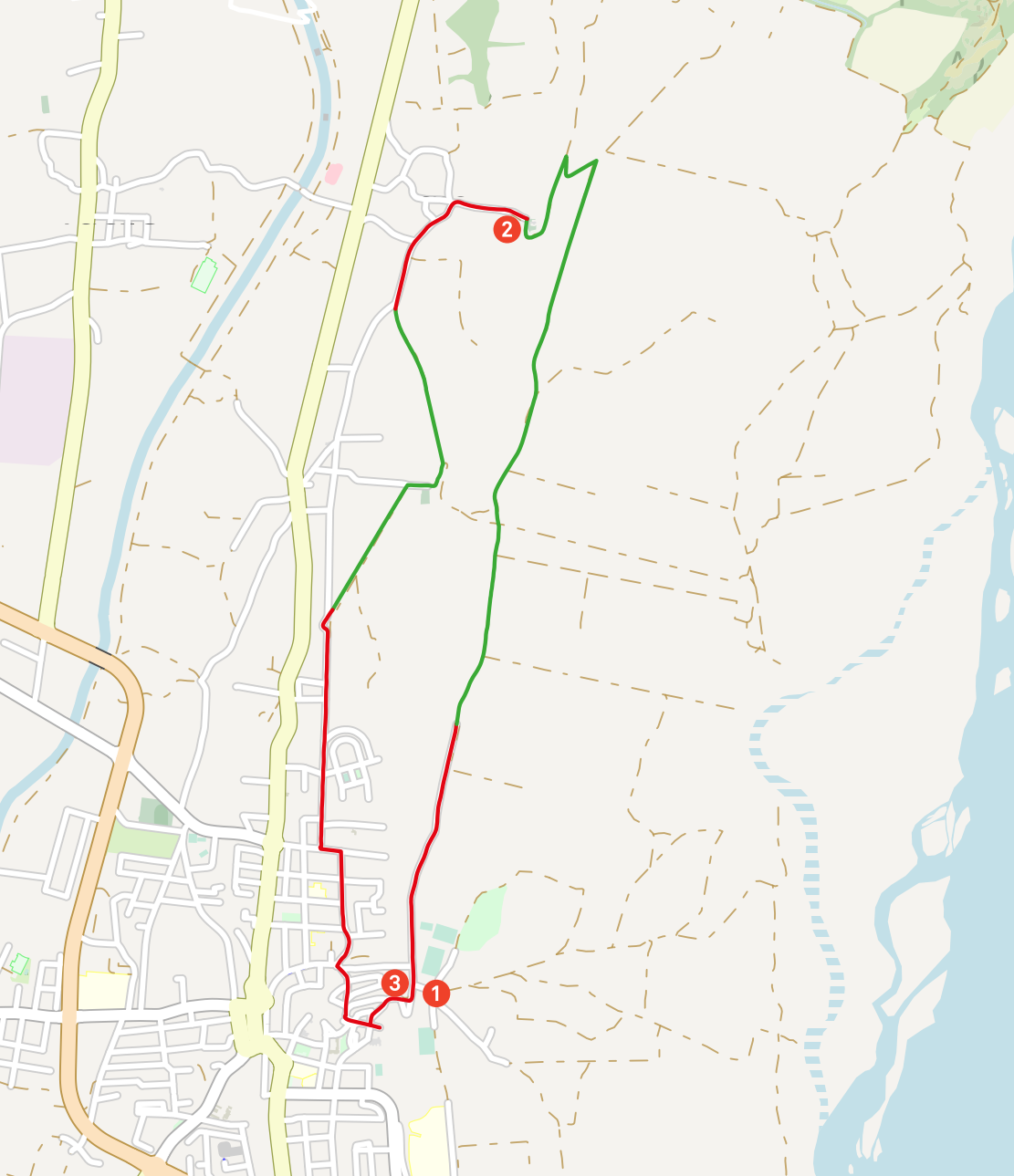


paved road



pet friendly





'Ator par Spilimberc e par lis muculis' is a project created to promote the knowledge and 'slow' enjoyment of Spilimbergo and its hamlets.

The route is a ring which starts from Piazza Duomo and continues down to the **Ancona Church (1)**. After a first part on paved road, take the dirt road that follows the Tagliamento River shore and rises above the slope known as the '**cleva**' of Gaio and returns to the historical centre, alternating stretches of paved and dirt road. The route, which can be done on foot or by bicycle, lets you explore very suggestive landscape corners, the residential areas of some hamlets of Spilimbergo and some significant historical and artistic monuments. Walking along the pebbly ground (in Italian '**grava**') and around the surroundings of Spilimbergo, you can appreciate the landscape and the numerous small artistic treasures, such as churches, pieces of folk art, manor houses, etc. Along the dirt road that goes from Spilimbergo to Valeriano under the '**cleva**' of Baseglia, along the right bank of the Tagliamento River, you will find a varied

spontaneous vegetation and a rich fauna, typical of the foothills. Continuing along the shore of the Tagliamento River, you arrive at the '**cleva**' of Gaio, a steep climb towards **St. Mark's Church (2)**.

From St. Mark's Church, continue down to the hamlet of Baseglia, through the homonymous slope ('cleva'). From here, you can return to the starting point in Piazza Duomo, initially along a dirt road running along the abandoned railroad, and then on a paved road along via Filanda Vecchia and on the pedestrian and cycling track of via della Roggia, both flanked by the artificial channel, '**Roggia**' of Spilimbergo. Take some time to visit the nearby **Di Sopra Palace (3)** and its wonderful gardens.

The palace is now used as town hall. From the palace's terrace, you can admire the natural environment of the Tagliamento River, the town of San Daniele and the mountains stretching all the way up to Carnia.

Due to the characteristics of the route, it is suitable for families, adults, elderly people, walking groups and Nordic walkers, and ensures good safety conditions.



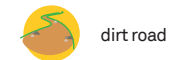
General route data



8.5 km



2.5 h



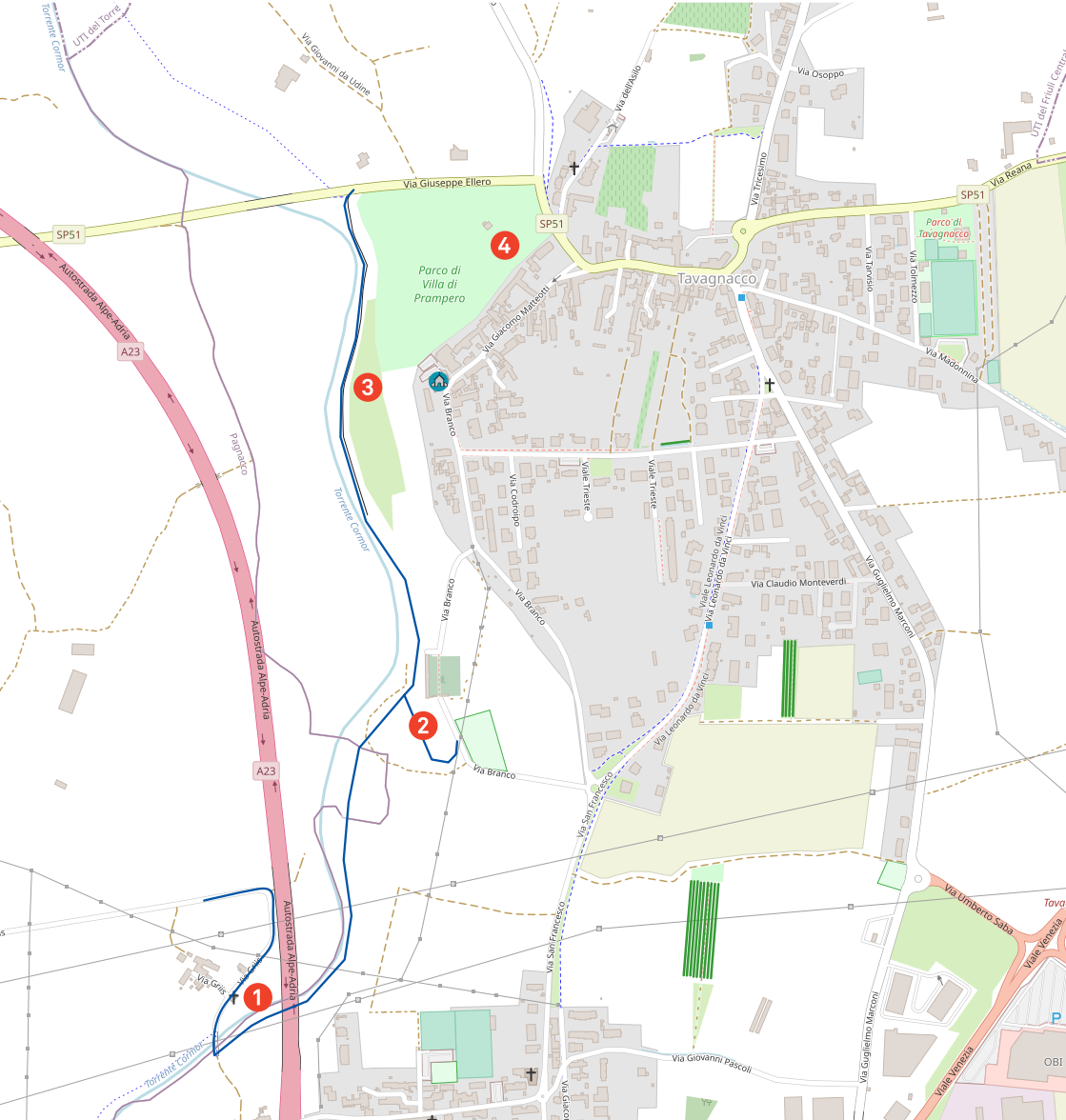
dirt road



paved road

pet
friendlynight time
accessibilityaccessible
road

'THE VALLEY OF TREE ARCHES' ROUTE



The itinerary runs mostly through the Cormôr Horse Trail, with a length of about four kilometers between round trip, crossing one of the most interesting naturalistic and cultural places in the territories of Tavagnacco and Pagnacco. The road bed is typical of a country road, made of compacted gravel. The walk is an easy one and is suitable for families and walking groups of all ages. There are benches where you can stop under the shade of the trees.

The route starts from a stretch of paved road with parking lot. At this starting point, you can visit the **small church of the Blessed Virgin Mary of Mercy in Grís (1)**, located less than 100 metres from the ford that separates the two municipalities. Continue your walk along the adjacent Cormôr horse trail, which can be reached by simply crossing the pedestrian bridge.

You will find yourself very close to the village of Branco, immersed in the beauty of the Cormôr valley that extends among the plains and hilly Friulian landscapes of rare beauty. Further along the route there is a rest area equipped with a bench, and, when you arrive at

a crossroad, you will find a fountain.

The small road that climbs upstream leads to another shaded rest area and to a parking lot adjacent to the cemetery of the hamlet of Tavagnacco.

If, instead, you continue your walk northwards, under the unique arches of hazelnut trees, on your left you will find the Cormôr stream, with its embankment lined with poplars, field maples, elderberries, black locusts and oaks. From this point starts a **guided path for visually impaired people (2)**. It is marked on the ground by signalling plates. The path develops for about 1 km and is delimited by a fence equipped with a rope handrail and wooden boards. Metal plates indicate the presence of six notice boards illustrating the characteristics of the area in Italian and Braille, as well as with tactile objects.

This last section of the route, brings you to the **historic hamlet (3)** of Tavagnacco, at the border with the **Di Prampero's Villa (4)**, owned by one of the oldest and most prestigious Friulian families, still deeply bonded to this land.



Route general data



4 km



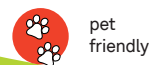
1h 15'



dirt road



paved road



pet friendly



accessible road



THE BÛT ROUTE

The Bût route is about 1.5 km long and starts from a convenient parking area at the borders of the Sfleus Hamlet.

The route starts above the bank of the Bût Stream and continues towards the bridge which separates the village of Caneva from Tolmezzo, the provincial capital. After the bridge, the route continues south along the stream bank until it reaches an equipped rest and workout area near the sports ground.

The route does not present any particular difficulties, making it therefore suitable for everybody.

Moreover, while walking along the route, near the bridge, you will come across the bike path leading to Villa Santina and, once close to the arrival point, you can leave the main route to explore the various rural roads and paths stretching into the Caneva countryside and reaching up to the river streambed, forming other routes such as the one dotted on the map.

Along the way, equipped rest areas are the pleasant place for a relaxing break with a view of the valley of Tolmezzo, and where you can admire mounts Amariana, Strabut, Lovinzola, San Simeone and a glimpse of the Sernio, as well as the amazing colours of the Bût Stream.



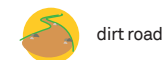
Route general data



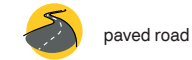
1.5 km



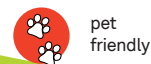
20'



dirt road



paved road



pet friendly

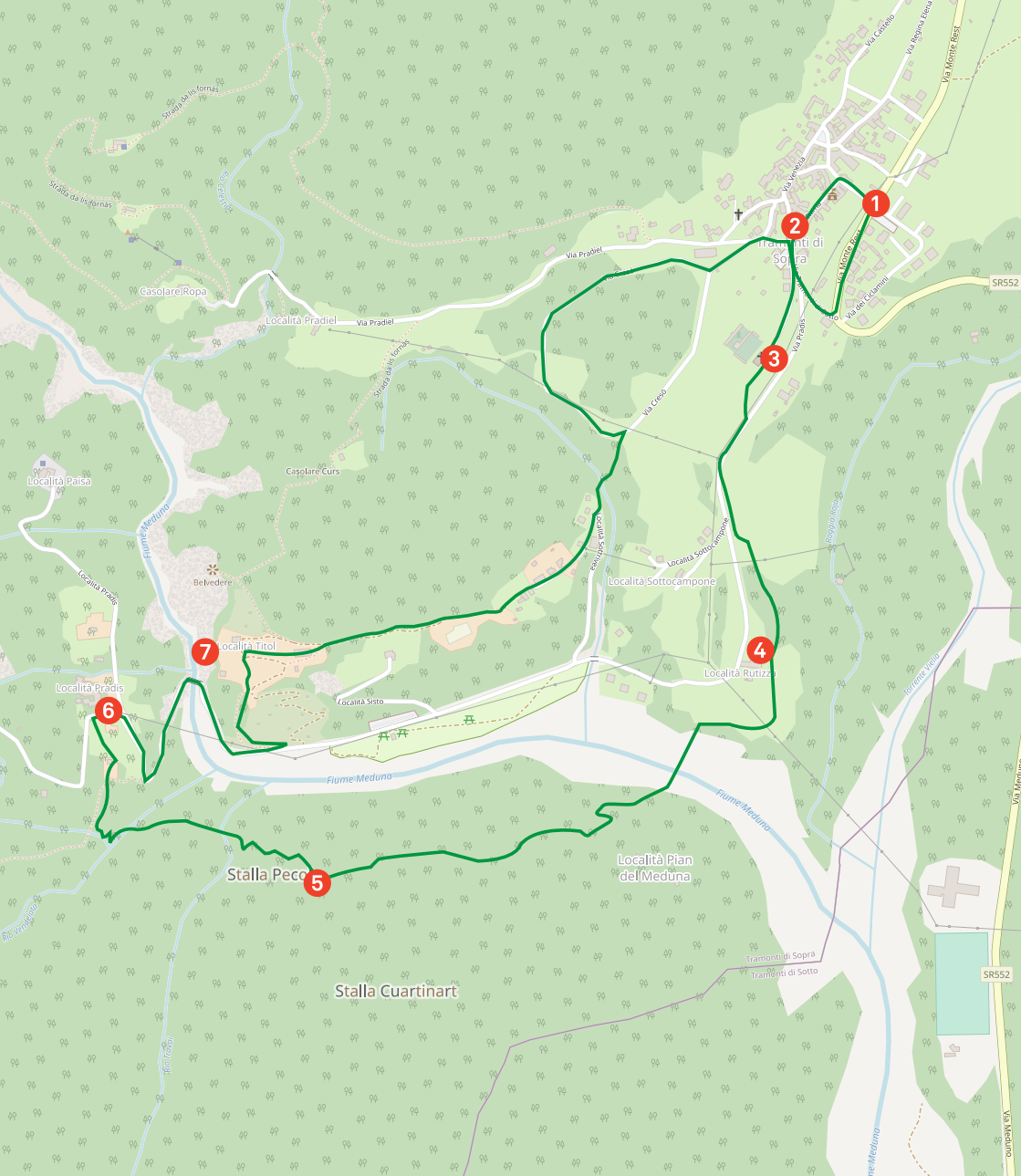


THE 'PECOLAT' ROUTE

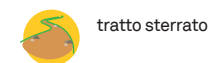
The 'Pecolat' route is an easy and panoramic ring along which you can admire a variety of natural beauties. The route starts at the **Visit Centre (1)** of Tramonti di Sopra and continues on the left along the paved road which leads to the **Church of the Madonna of Health (2)**. From here, take the path which runs along the main road and ends at the **Church of St. Floriano (3)**. Walk down the steps and continue on the paved road.

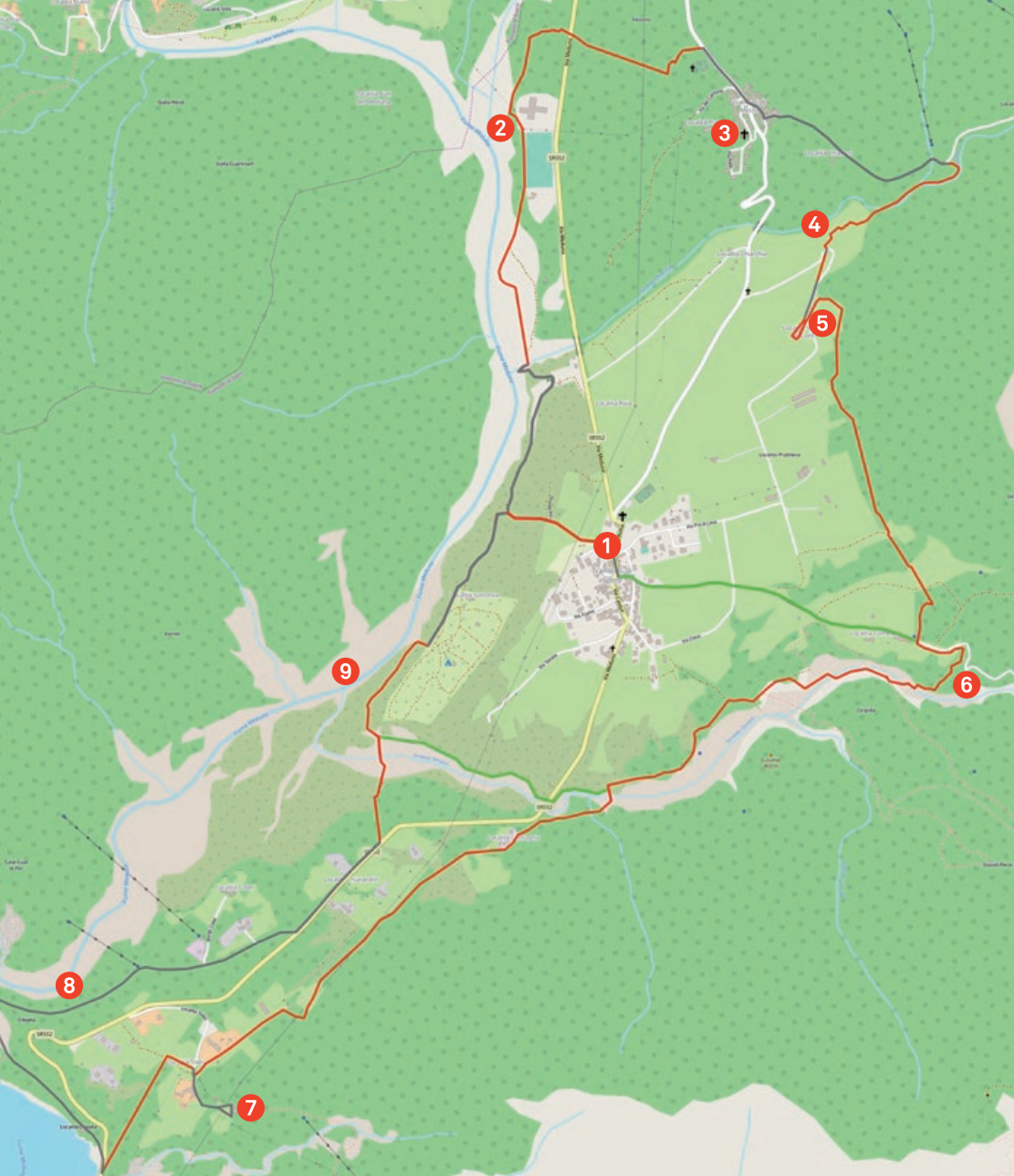
After a short walk, you will find a sign which indicates to turn left and continue on the cobble path passing along the **houses of Rutizza (4)**, where you can have a glimpse of Tramonti di Sotto. Continue on the tree-lined path until you arrive to the Meduna bank. Then cross the footbridge, from which you can enjoy the panorama of the mountains overlooking the valley. The path continues on the right through pines and firs, then across a plane until it enters a wooded area again. At this point, after a short climb, the path is again plane with only slight differences in height. After having crossed a stream, take a short walk to reach the **Pecolat ruins (5)**, a small settlement established to use the meadows for farming.

Afterwards, follow the indications to reach another stream, and then continuing on the opposite bank, you will find a water fountain. From here, you can make a small detour by turning right to admire a beautiful crystal water pond set among the rocks. Return to the path and continue on the route which unwinds through the wood. Then, after having crossed the Vendelata Rivulet, you will arrive to the walls of the mule track leading to the **Hamlet of Pradis (6)**. From here, follow the paved road until you reach the picnic area along the shores of the Meduna. A few metres after the last hairpin bend, on the left, and after having passed a gate, walk uphill into the wood, then cross the meadows of the **Hamlet of Titol (7)**. Next turn left following the paved road and continue until you reach the area of Sottrivea. Near the first hairpin bend, take the path on the left, and walk up to the **route of Cresò**. At this point you can return to the village and complete the ring at the Visit Centre.



Route general data





The **Sun Pedestrian Route** is an easy route with interesting panoramic, naturalistic, historical and anthropological attractions, and highly appealing for excursionists who love adventure. The route develops near the villages of Tramonti di Sotto and Tramonti di Mezzo in Western Friuli. It starts at the **House of Knowledge (1)** in Tramonti di Sotto. Walk down the steps which lead to the pinewood near the streambed of the Meduna River, then continue to the right. An easy road will lead you to the sports facilities of the **Matan area (2)**. This point offers a magnificent panorama of the surrounding mountains. A stop at the river shore is recommended. Continue along the route and cross the SR 552 road. Walk up the terracing and follow the path to Tramonti di Mezzo to visit the **ancient village and church (3)** of high artistic and architectural value. Leave the village and immediately after the **capital of St. Anthony**, turn right and walk down the path which crosses the ford of the **Chiarchia Stream** and leads to the **Bidoli Mill (4)**, near an artificial channel. Here a pleasant rest can be taken. Continue along the paved road and after a short walk turn left and enter the thicket of the **Pradileva (5)**, a wide plateau of meadows partly dedicated to stock breeding.

The path leads up to the dam on the Tarcenò Stream. From this point, it is also possible to visit the final part of the **stream gorge (6)**, upstream of the dam. Next, reach the stream shore, cross it and pass through the woodland until you reach the double gravel weir. A trail leads to **Mount Celant**, and from here a path makes its way up to the **Tridis terracing**, finally reaching the hamlet with the same name. Here, it is possible to visit a **typical house (7)** of great architectural value. After having crossed the plateau, take the path leading down to the old paved road where you can enjoy the panorama of the **Tramonti Lake**. The path next turns right continuing along the lake and then, for a long distance, runs side by side with the **Meduna River (8)**, offering a breathtaking view on its bed. Continue north along the SR 552 road until you reach the **Chiarandin hamlet**. Here a path on the left descends into the woods and passes the **Tarcenò pebble shore**, ending at the **camping ground and picnic area (9)**. Once you have reached the steps leading up to the route's starting point, in Tramonti di Sotto, you have completed the route.



Route general data



16 Km



3 h



dirt road



paved road



pet friendly



accessible road



THE 'TRICJAMINA' ROUTE

Tricesimo, a city of Roman origin, owes its name to the fact that it was the to the thirtieth milestone from Aquileia. The village is located along the *Julia Augusta* consular road which led from Aquileia to Zuglio (*Julium Carnicum*) and the Danubian plains.

The route develops for 3520 metres, on different road pavements (road, dirt, grass, cobblestones). It starts from Piazza Ellero, with the **town hall (1)**, the **Cathedral St. Mary of the Purification (2)** and a large parking area.

Refreshment points and other facilities are available in the central area of the route.

From the square, turn left towards Via del Bissone and walk through the vaulted entrance hall of a residential building until you reach the **'Atleti Azzurri d'Italia' Park (3)**. This spot with a water point, among the three wooded hills, is the perfect place for physical exercise or a peaceful rest.

This green area opens to a magnificent view on the morainic hills.

From the bottom of the hill, continue along a dirt path with railings up to the **church of 'San Pietro in Zucco' (4)**, in memory of the fallen

soldiers of all wars. Here you will encounter an equipped green area. From the small temple, by following a cobble path, with street furniture and fitness routes, you reach the road.

By taking a wide dirt path, you arrive to a wooded area leading to the **Valentinis Castle (5)** and the **site of the Missionary Madonna (6)**. From the square of the shrine, walk down a paved road with two hairpin bends up to the first crossroad and then continue to the park of the church of 'San Pietro in Zucco'. After the second crossroad, turn left towards the fort of Adorgnano and continue until you reach the **park of the 'braidia Locatelli' (7)** with a football field, benches and a fountain.



General route data



3.52 km



1 h



dirt road



paved road



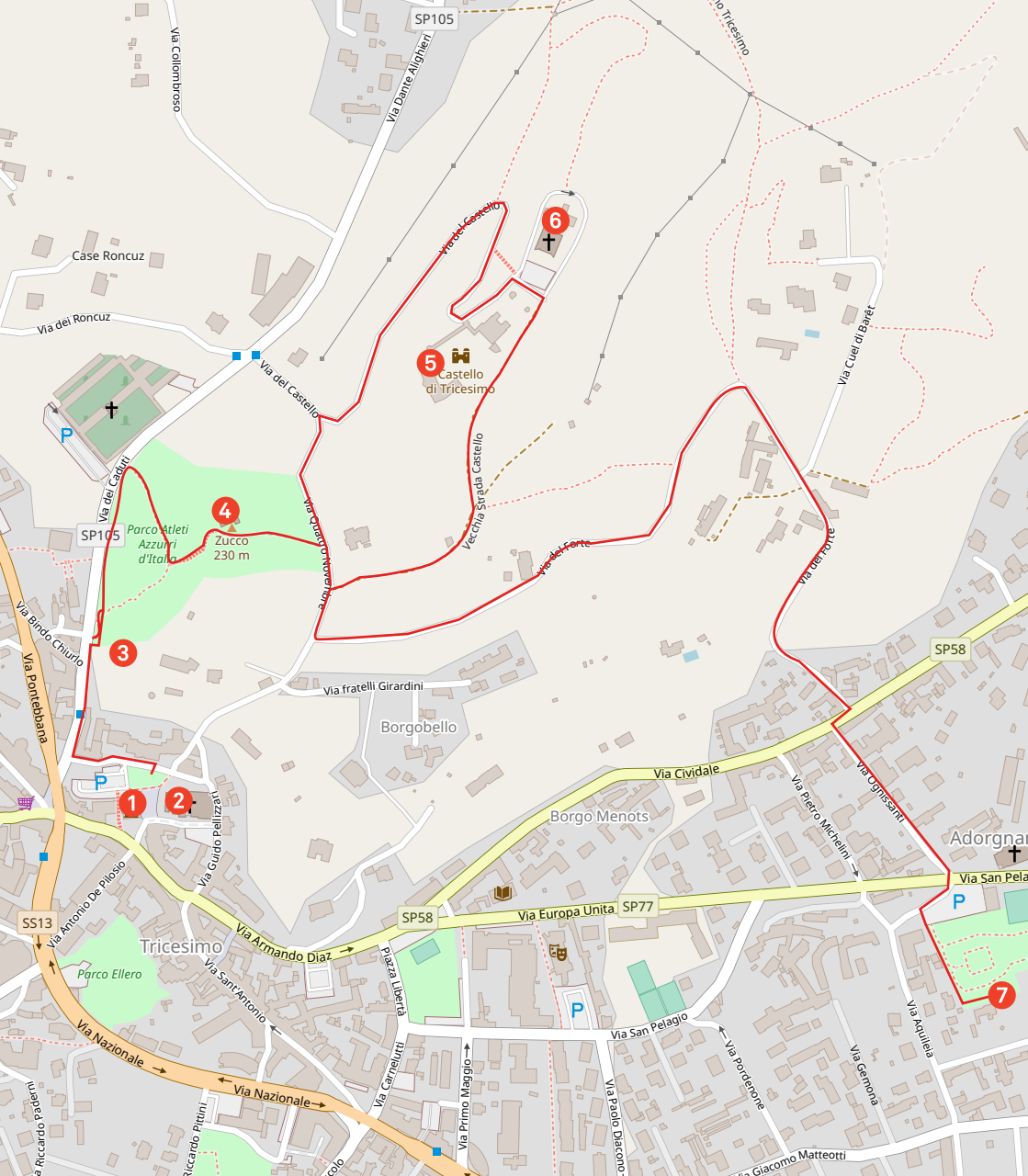
pet friendly



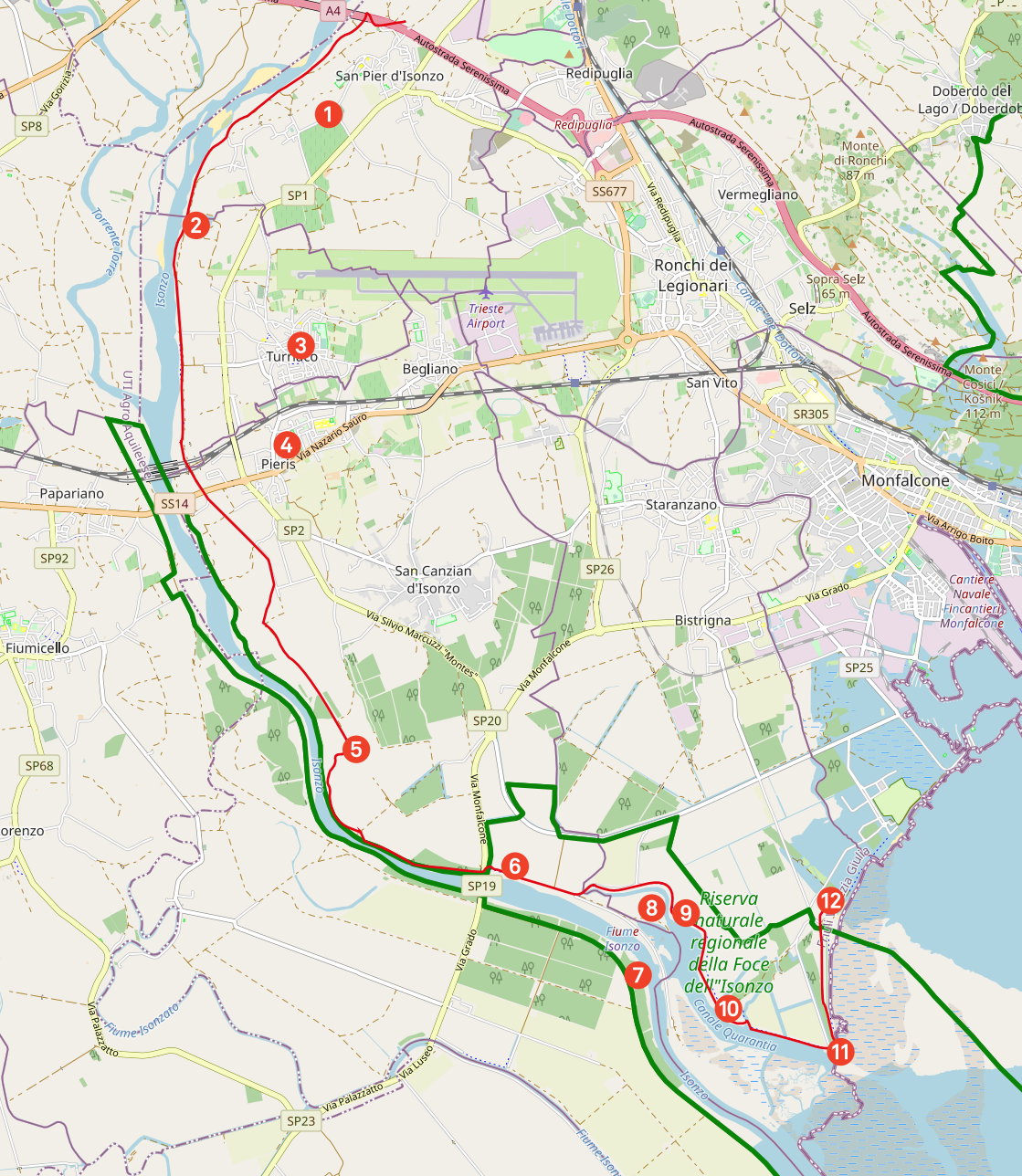
night time accessibility



accessible road



THE 'LOW ISONZO' ROUTE



The route called '**Low Isonzo**' starts from the Municipality of San Pier d'Isonzo, very close to the residential area. The route develops on dirt roads and river banks parallel to the course of the river, in a floodplain area, crossing the ancient artificial channel.

Close-by, **Villa Sbruglio Prandi (1)**, a manor house transformed into a neoclassical style villa, which served as a military police headquarter during World War I. Destroyed by a devastating fire in 1938, currently the Villa has been partially renovated. The route then continues to **the park of the Municipality of Turriaco (2)**. This very busy park, equipped with fitness and playground equipment, also offers interesting botanical information. Only a short way from the park are two villas worthy of a visit: **Villa Priuli (3)**, a seventeenth-century villa in the town of Turriaco, and **Villa Settimini (4)**, in the hamlet of Pieris, in the Municipality of San Canzian d'Isonzo. Villa Settimini was a large estate dating back to the eighteenth century, now the premises of the local library. Passing under the railway and then crossing the regional road, we approach the **river bank while crossing Marcorina (5)**, a bird hunting area. This area is rich in poplars, willows and other shrubs typical of the marsh flora.

From here, it is possible to visit the important **archeological site** of San Canzian d'Isonzo, dating back to Roman times. After passing under the Monfalcone – Grado provincial road, the route continues sharing its way with the Adriabike cycleway (FVG2) in the Municipality of Staranzano towards the **Isonzo Mouth Natural Reserve (6)**.

A slight deviation leads to **Cona Island (7)** and the **Marinetta (8)** area, which are among the sites of greatest educational, scientific and naturalistic interest at international level, acknowledged as the best area for birdwatching in Italy. From the bank of the **canal Quarantia (9)**, an old branch of the Isonzo River, once with many 'casoni' (fishermen huts), the route leads to the **locality of Alberoni (10)**, a woodland with plenty of poplars and a rich underbush.

Continuing to **Barene Point (11)**, the view from the bank top stretches, on one side from the coast of Grado to that of Trieste, and on the other to the Julian Prealps with the Matajur Mountain, with all around flowery meadows, a rich wildlife populating small ponds, and karst springs. The final destination is the **Lido of Staranzano (12)**, a natural beach and a Natura 2000 protected area.



Route general data



18.4 km



3.5 h



dirt road



pet friendly



accessible road

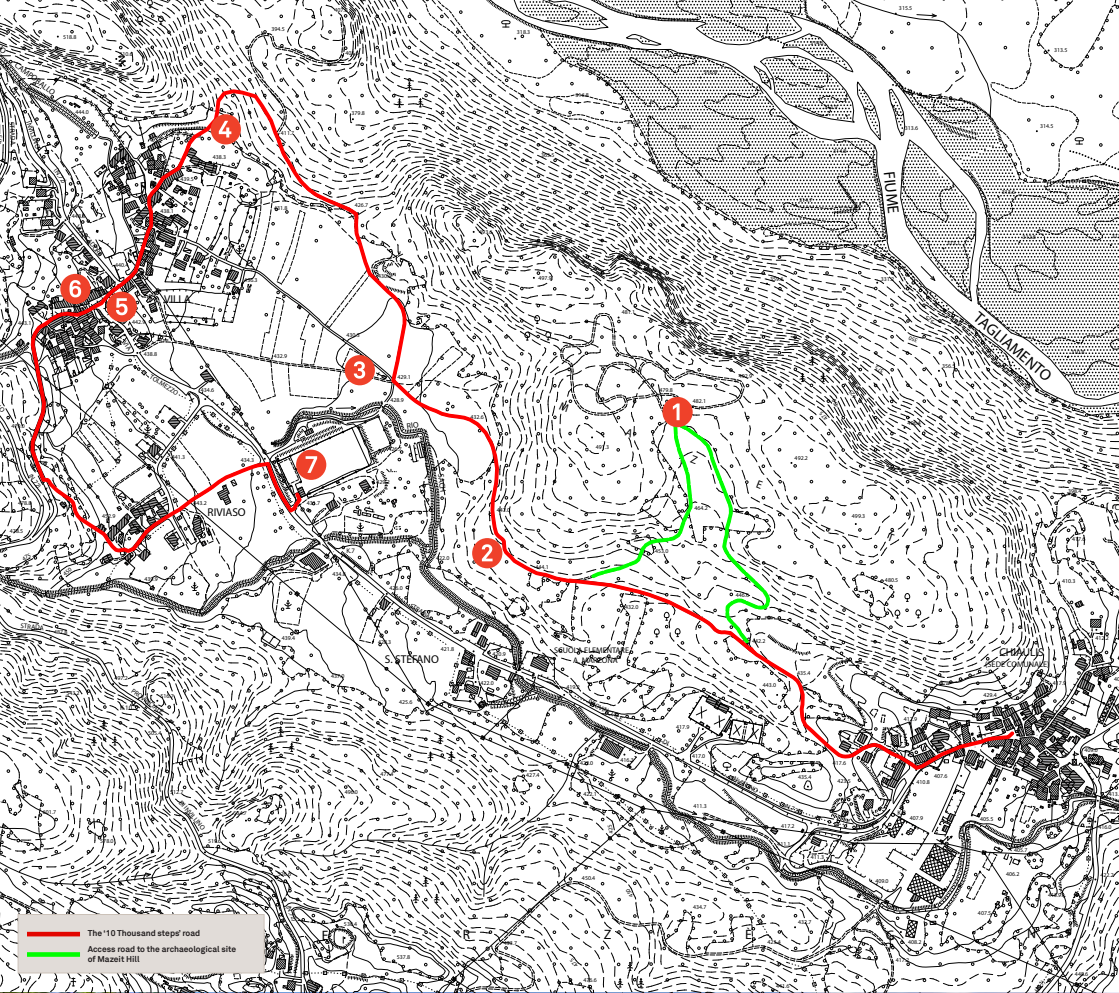


Turriaco - San Canzian d'Isonzo

www.comune.turriaco.go.it - www.comune.sancanziandisonzo.go.it

San Pier d'Isonzo - Staranzano

www.comune.sanpierdisonzo.go.it - www.comune.staranzano.go.it



— The '10 Thousand steps' road
 — Access road to the archaeological site of Mazéit Hill

The route, which is surrounded by nature, is for the most part on an asphalt road, with the exception of a few gravel points. Despite this, the route is suitable for everyone, both occasional walkers and professional runners. The starting point is right in front of the Hotel 'Al Fogolâr'. From here take Via Udine and then walk along Via Mazéit, up to the area that leads to the **archaeological excavations of Colle Mazéit (1)**. The digs contain archaeological remains dating back to a period ranging from the Neolithic to the Late Roman period. Follow the same road in the opposite direction to the crossroads and take the road called **'Sot Crêta' (2)**. Pass by the **small church of the Maina (3)** and continue on the dirt path towards a locality called 'Candola'. At this point, walk down the paved road and then climb the stone path leading to a place known as **'li dal Crist' (4)**, due to the presence of a votive altarpiece.

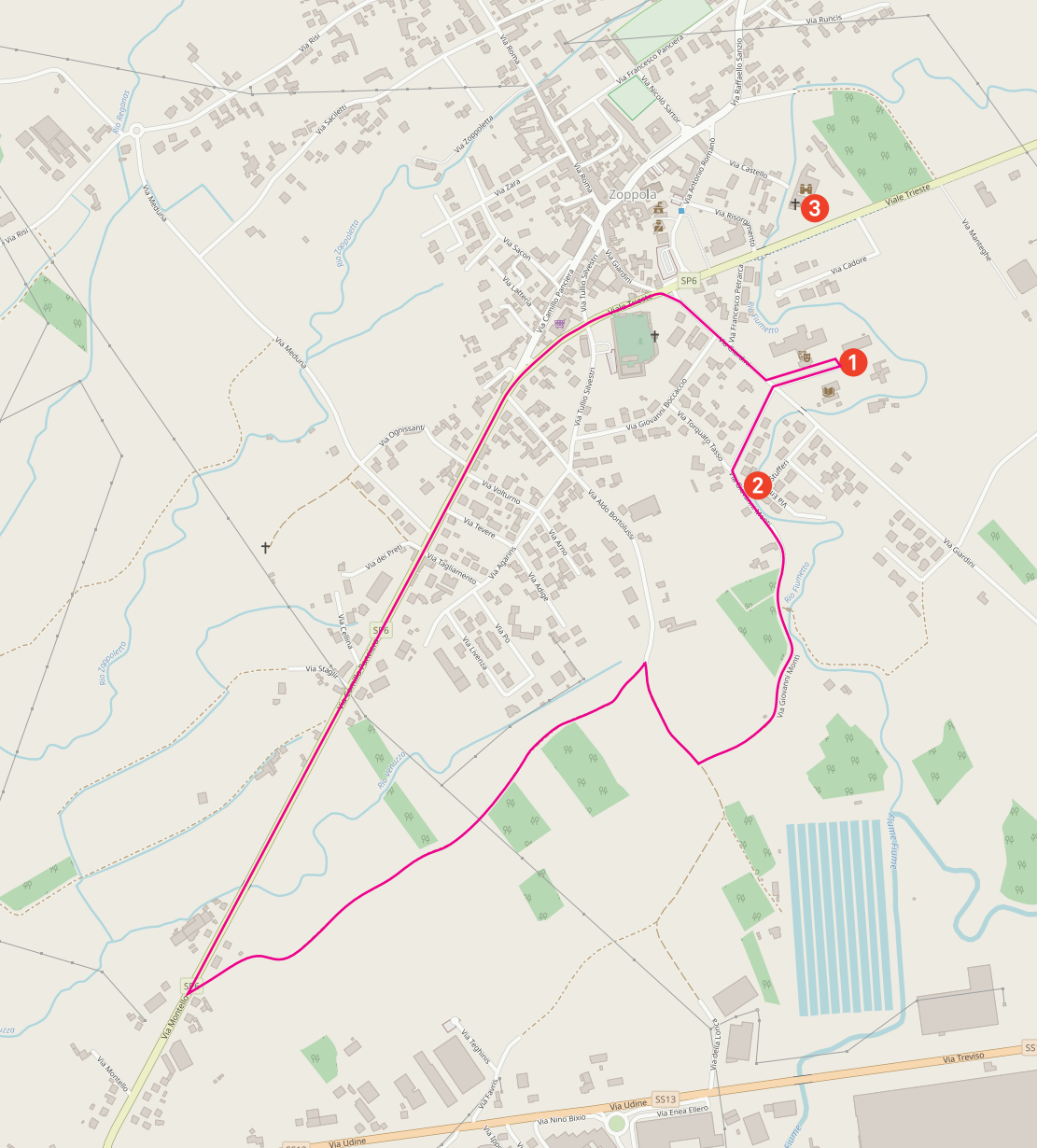
From here, you can reach Julia Square, and then walk all the way to the main square, where the **St. Martin Parish Church (5)** is located. This church is renowned for its interesting frescoes by Antonio Schiavi and works by painters such as Taddio and Giovanni Maria Lendaro. In front of the parish church is the **tavern Antica Osteria Stella d'Oro (6)**, once the headquarters of the Cossack Command. Follow Via Tolmezzo up to the crossroads with Via Alla Carniella, enter the cobbled street and continue along the dirt road until you reach the locality of Rivasio. From here walk downhill until you reach the **municipal sports field (7)**.



Route general data

-  3.5 km
-  1h
-  dirt road
-  paved road
-  pet friendly
-  accessible road





Zoppola, a land of castles and springs, offers an approximately 4,200 m long ring route that allows those coming here for the first time to learn all about these two aspects of the territory. Suitable for everyone, this route starts from one of the most important areas of Zoppola. The route immediately leaves the houses behind and plunges in a scenery rich in green and blue that quickly changes until it runs alongside two 'young woods'. The route then continues until it returns to the main road network and to the centre.

The route, which is accessible all year round, is flat, with only slight differences in height.

The starting and ending points of the circuit are located in **Via Leonardo da Vinci (1)**, one of the centres of the social and cultural life of Zoppola, with the Municipal Auditorium on one side and the Day Centre, the Youth Centre and the recently renovated library on the other. This area, also rich in greenery and tall plants, welcomes anyone who stops nearby.

Leaving the aforementioned buildings behind, cross the provincial road and, after a few hundred metres,

the route immediately offers a taste of its peculiarities, offering a glimpse of the bed of the **Fiumetto canal (2)**, whose inlets run alongside the route for a long stretch. Continuing the walk, you come across fields and immerse yourself in the midst of large crops. From here, in the background, on clear and bright days, you can clearly admire the mountains near Pordenone, among which the **Cavallo Mount**, almost perpetually covered with snow, stands out.

At the crossroads, turning first right and then left, you encounter a different type of vegetation, more rustic, which grows along the

stream. Immediately on your left, you can see two young poplar plantations that invite you to take a short break, ideal for listening to the concerts of the birds and other small animals present here. Continuing along the route, you arrive at the main road network of Zoppola with the typical sounds of the town, but the beautiful cycle path will allow you to continue safely for about 1.5 km. Before entering the town, keep to the right at the crossroads and, passing by the cemetery, return to the provincial road that takes you back to the starting point.

Just before turning right, look carefully to admire the profile of the other symbol of Zoppola, the **Castle (3)**, built in the 11th century as a defensive stronghold at the gates of **Portus Naonis**, rich in frescoes and with a fascinating internal courtyard, but this is another path.



Route general data



4.2 km



2h



dirt road

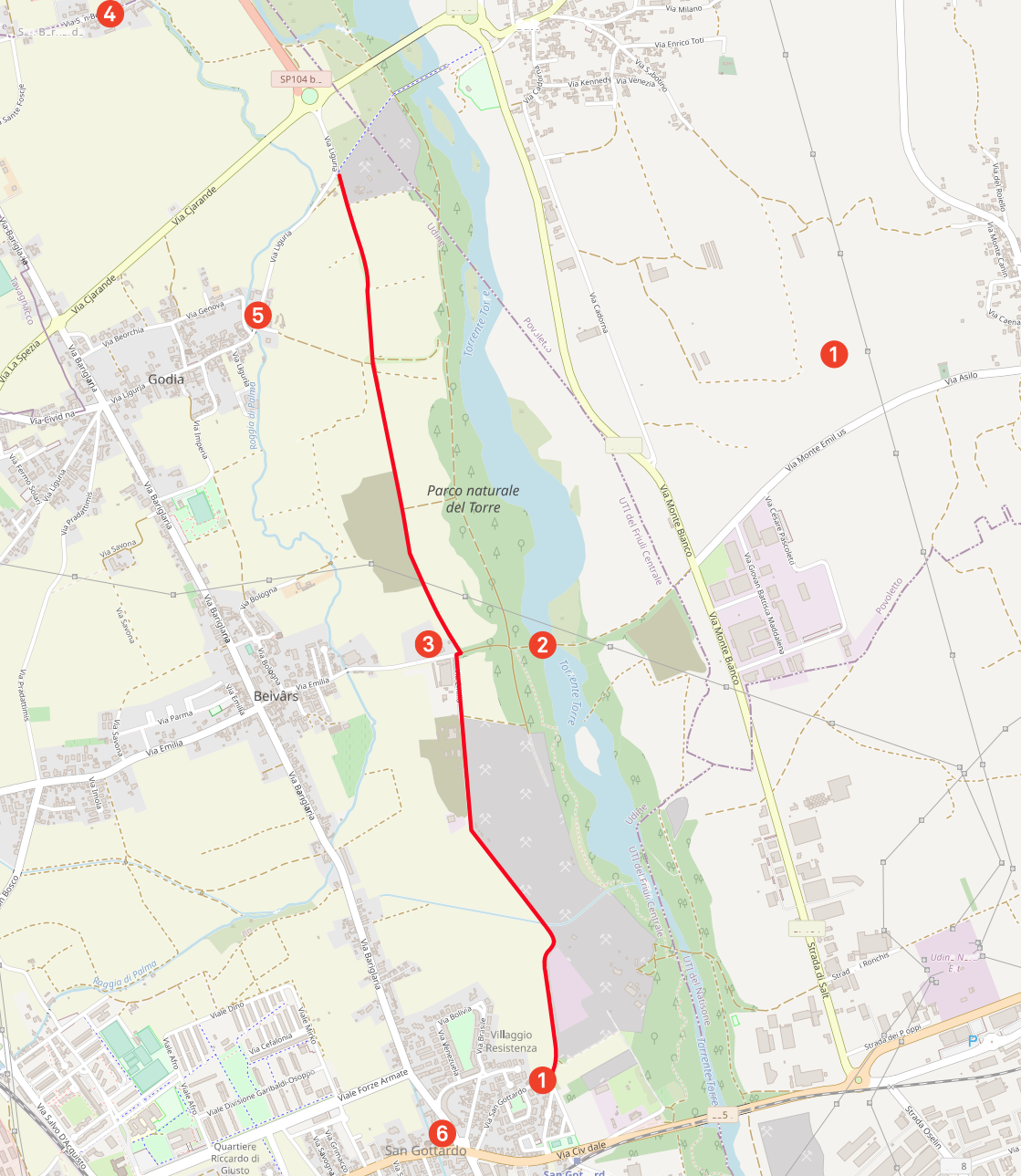


paved road



pet friendly





The route develops along the western bank of the Torre River, at the border between the municipalities of Udine and Remanzacco and the hamlets of San Gottardo and Godia.

The route is 7.1 km long (round trip) and can be covered both on foot (2 hours) and by bicycle (35 minuti). You can start the route up north, at the hamlet of Godia, or in the south, at the hamlet of **San Gottardo (1)**.

A few stretches of the route lead down to the **Torre riverbed (2)** where you can enjoy a panoramic view up to the mountains. Along the route, besides the different types of landscapes you can also see the **Lime Furnace (3)** of Via Emilia. By slightly deviating from the route, it is also possible to visit a few places of interest such as **St. Bernard's Church (4)**, dating back to the 13th century, in the hamlet of San Bernardo, the **Coiutti Mill (5)**, in the hamlet of Godia and **St. Gothard's Church (6)**.

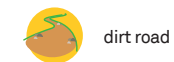
Historical information

In the past, the area between San Gottardo, Godia and Beivars was crossed by a late Roman road, the **'Strada Bariglaria'** which connected Udine to Gemona. The presence of an artificial channel (in Italian 'roggia'), in this area, is cited

for the first time in a document of 1171. This channel, called the **'Roggia di Palma'**, powered mills, ironworks and tanneries of the area and can still be seen today in the hamlet of Godia.



General route data



PARTNER:



Texts and photographs owned by the municipal administrations participating in the Project 'FVG IN MOVIMENTO. 10mila passi di salute'





For information, updates and to download online brochures please consult:
www.federsanita.anci.fvg.it - www.invecchiamentoattivo.fvg.it - www.promoturismo.fvg.it
and the relevant Facebook pages together with the websites of the municipalities hosting
the routes.



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