

**FRIULI VENEZIA GIULIA**  
[www.turismofvg.it](http://www.turismofvg.it)



# FROM THE ALPS TO THE SEA

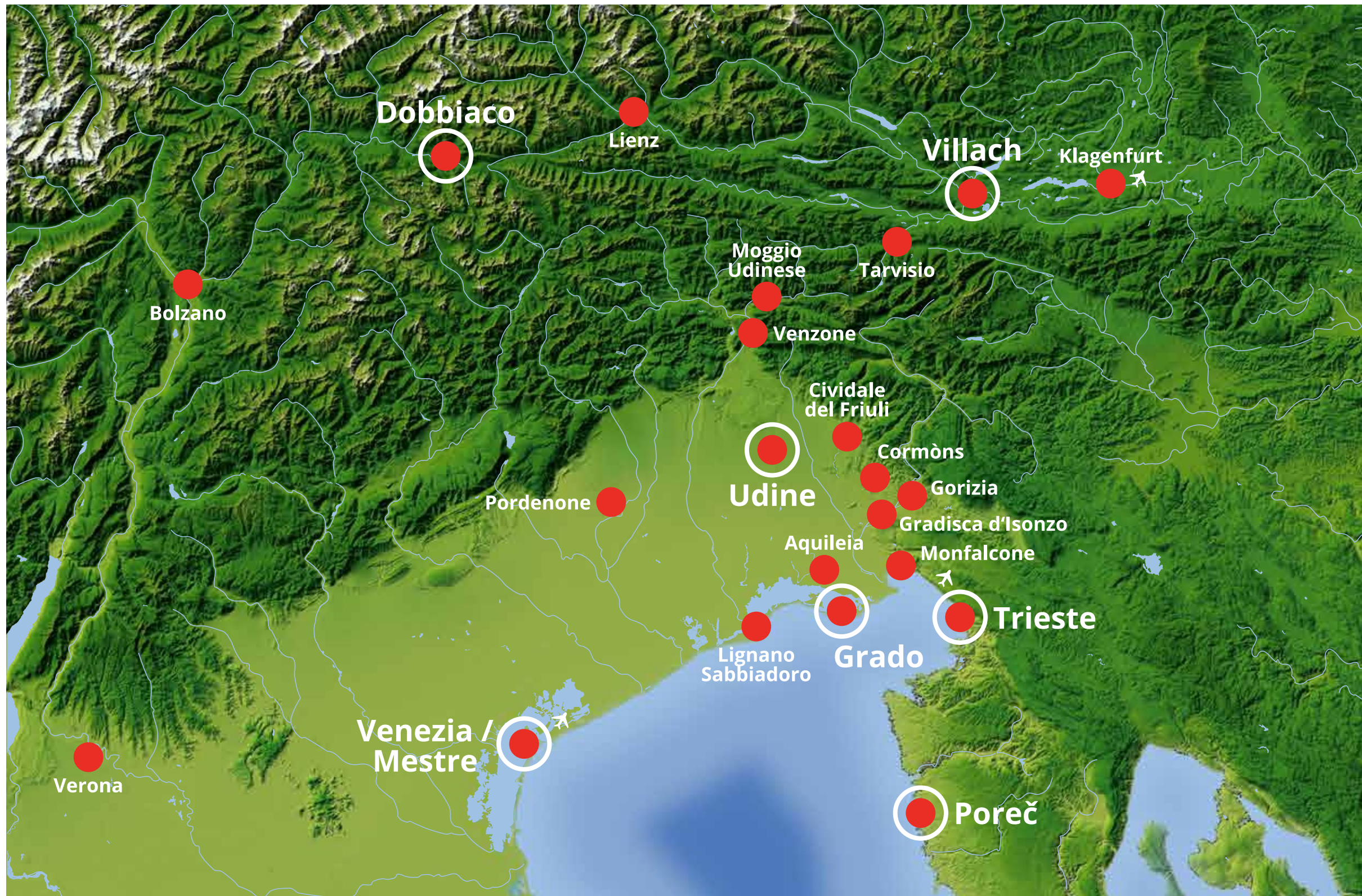
through Friuli-Venezia Giulia

**2023**

cycling • hiking • cross-country skiing

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# WINE

landscape





# FRIULI VENEZIA GIULIA:

## All facets of Italy in one region!

Friuli Venezia Giulia is the best proof that Italy always has new surprises to offer. Charming villages that are waiting to be discovered, new wines to be tasted, impressive mountain landscapes and interesting stories: Friuli-Venezia Giulia enchants his visitors with unforgettable experiences.

From the peaks of the Dolomites to the Adriatic coast, from the elegant cities and tiny villages to the gentle hills of the Collio: this region shows all the facets that have made Italy famous all over the world, and the chosen travel destination for writers, poets and artists.

Friuli Venezia Giulia is an area whose wealth is also due to its border location in the heart of Europe: Italian, Slavic and Germanic cultural influences meet here in a confined space, creating an interesting kaleidoscope of traditions, languages and religions.



### Cycling in Friuli Venezia Giulia

The highlights and facets of the region can greatly be experienced while cycling.

For example, in the untouched landscape of the *Natisone Valley* in the east of the region, or in the *Collio* region – the border area with Slovenia – several vineyards and wineries warmly welcome tourists to show their noble, often award-winning wines. On the coast near the seaside resorts bike-lovers can ride on several *flat bike paths* directly by the sea or in the hinterland.



Not to mention the *Ciclovía Alpe Adria bike path*, which runs through the region from north to south. This bike path is a true gem, it leads spectacularly through tunnels and galleries and over bridges, on an old railway line, through the so-called Val Canale.

The bike path continues through beautiful vineyards past picturesque small towns, to the UNESCO World Heritage Palmanova and the impressive archaeological sites of Aquileia, to the seaside resort of Grado.









FACTS

Total distance: approx. 410 km  
Total duration: 10 – 14 days  
Highest point: 1.191m | Lowest point: 0 m  
Difficulty: easy – medium



The Ciclovía Alpe Adria cycle path, which is approx. 410 kilometres long, is an unforgettable experience. Starting from Salzburg, the city of Mozart, you ride through the Hohe Tauern National Park in the sunny south to Carinthia and further across the borders of Austria via Tarvis, Gemona, Udine and Aquileia to Grado and the Adriatic Sea – past idyllic places, impressive sights and stunning natural landscapes!

The route within Carinthia is particularly attractive as it mostly leads downhill from the Tauern tunnel in Mallnitz to Italy. The diversity of the landscape is also unique: mighty mountains, sunny lake valleys – and the further south you go, the softer and lovelier the landscape becomes, until you can finally stretch your feet out into the Upper Adriatic. But until that happens, the route leads from Tarvisio to the most beautiful bike route in Europe for many cyclists – namely on the abandoned route of the old K+K train.

The bike path is also a practical example of how you can get to know the culture and cuisine of three countries within a few days. Enjoy Carinthian cuisine in Villach today, try Italian delicacies in a trattoria in Tarvisio or Udine the next day and in the evening sit at set table with Slovenian local products in Bled, Kranjska Gora or Nova Gorica. Always included – the warm hospitality and the opportunity to discover regional cultures, traditions and special features.

The Alpe Adria cycle path is also a family-friendly cycle path, as it runs almost continuously along the railway line. Switching to the train is easy and regular. Only the last part is not served by public transport. And, at the end of your trip, you won't have to worry much about going home. We regularly ride small buses on the Grado – Villach – Salzburg route, at least 3 times a week you can comfortably take the air-conditioned bus. As part of the booked packages, you will be picked up directly from the hotel. Individual travelers will board at a fixed collective meeting point.

TIPS

Take the Drau ferry in Lansach (section between Spittal an der Drau and Villach) and cross the river to the other bank. Cycle a bit along the old branch of the Drau until you get back to the Drau cycle path, which is used here for the Alpe Adria cycle path.

Visit the archaeological site of Aquileia, once an ancient trade center with at least 50,000 inhabitants. Do not miss with the impressive patriarchal basilica and the roman remains. And after the visit, be sure to pay a visit to the Pasticceria Mosaico – absolutely delicious!

INFORMATION

[www.alpeadria.bike](http://www.alpeadria.bike)





THE CLASSIC ITINERARY  
**Salzburg – Grado** Premium

Difficulty: easy – medium  
Duration: 8 days / 7 nights  
Distance: approx. 420 km

In May 2019, the show “Mit dem E-Bike über die Alpen” was featured in the „Wunderschön” series on WDR broadcast. Marco Schreyll as moderator cycled from Salzburg to Grado with our e-bike. We organized the show and conceptualized it with the WDR team. In 2022 you can experience the same trip that Marco Schreyll did. The tour corresponds, with minor deviations, to the TV original – one week, 420 kilometers, three countries. There is a lot to discover along the way: rugged mountains, the wild and romantic Gastein Valley with roaring waterfalls, crystal-clear Carinthian lakes, Dolce Vita in Italy. And in the end, of course, the sea. This cross-border cycle path has been around since 2012 and it is increasingly becoming a classic.

The route runs mainly on well-developed bike paths and low-traffic side streets. The demanding section over the Luegg pass can be shortened by train. The bike tour is suitable for children aged 16 and over.



- Day 1: Arrival in Salzburg
- Day 2: Salzburg – Werfenweng (approx. 50 km)
- Day 3: Werfenweng – Bad Gastein (approx. 60 km)
- Day 4: Bad Gastein – Millstatt (train journey + approx. 70 km)
- Day 5: Millstatt – Tarvisio (approx. 80 km)
- Day 6: Tarvisio – Udine (approx. 100 km)
- Day 7: Udine – Grado (approx. 60 km)
- Day 8: Departure

CICLOVIA ALPE ADRIA CYCLE PATH  
**Salzburg – Grado**  
**10 days**

Difficulty: easy – medium  
Duration: 10 days / 9 nights  
Distance: approx. 355 – 405 km



- Day 1: Arrival in Salzburg
- Day 2: Salzburg – Golling (approx. 35 km)
- Day 3: Golling – St. Johann (approx. 35 km)
- Day 4: St. Johann – Mölltal Valley (approx. 55 km + train journey)
- Day 5: Mölltal Valley – Spittal an der Drau (approx. 40 km)
- Day 6: Spittal a. d. Drau – Villach (approx. 35 km)
- Day 7: Villach – Moggio Udinese / Tolmezzo / Venzone (approx. 85 – 90 km or approx. 40 – 58 km + trail journey)
- Day 8: Moggio Udinese / Tolmezzo / Venzone – Udine (approx. 60 km)
- Day 9: Udine – Grado (approx. 55 km)
- Day 10: Departure

CICLOVIA ALPE ADRIA CYCLE PATH  
**Salzburg – Grado**  
**8 days**

Difficulty: easy – medium  
Duration: 8 days / 7 nights  
Distance: approx. 355 – 405 km



- Day 1: Arrival in Salzburg
- Day 2: Salzburg – St. Johann (approx. 70 km)
- Day 3: St. Johann – Mölltal Valley (approx. 55 km + trail journey)
- Day 4: Mölltal Valley – Villach (approx. 75 km)
- Day 5: Villach – Moggio Udinese / Tolmezzo / Venzone (approx. 85 – 90 km or approx. 40 – 58 km + trail journey)
- Day 6: Moggio Udinese / Tolmezzo / Venzone – Udine (approx. 60 km)
- Day 7: Udine – Grado (approx. 55 km)
- Day 8: Departure



CICLOVIA ALPE ADRIA  
CYCLE PATH  
**Villach – Trieste**

Difficulty: easy  
Duration: 8 days / 7 nights  
Distance: approx. 250 – 280 km



- Day 1: Arrival in Villach
- Day 2: Villach – Tarvisio / Camporosso (approx. 40 km)
- Day 3: Tarvisio / Camporosso – Moggio Udinese / Tolmezzo / Venzone (approx. 55 km)
- Day 4: Moggio Udinese / Tolmezzo / Venzone – Udine (approx. 60 km)
- Day 5: Udine – Grado (approx. 55 km)
- Day 6: Day of rest or “culture day” in Aquileia
- Day 7: Grado – Trieste (approx. 40 km + train journey or approx. 70 km)
- Day 8: Departure

FROM VILLACH TO TRIESTE  
**Road bike – Alpe Adria**

Difficulty: medium  
Duration: 8 days / 7 nights  
Distance: approx. 475 km



- Day 1: Arrival in Villach
- Day 2: Villach – Tarvisio (approx. 95 km; approx. 1.250 m ascent)
- Day 3: Tarvisio – Tolmezzo (approx. 90 km; approx. 1.500 m ascent)
- Day 4: Tolmezzo – Udine (approx. 90 km; approx. 1.420 m ascent)
- Day 5: Udine – Grado (approx. 100 km; approx. 580 m ascent)
- Day 6: Day of rest by the sea or “culture day” in Aquileia
- Day 7: Grado – Trieste (approx. 100 km; approx. 500 m ascent)
- Day 8: Departure



FROM THE DOLOMITES TO VILLACH  
AND THE ADRIATIC SEA  
**Drau – Alpe Adria Tour**

Difficulty: easy  
Duration: 8 days / 7 nights  
Distance: approx. 320 – 385 km



- Day 1: Arrival in the Hochpustertal Valley
- Day 2: Hochpustertal Valley – Oberdrauburg (approx. 70 – 75 km)
- Day 3: Oberdrauburg – Spittal an der Drau (approx. 55 km)
- Day 4: Spittal an der Drau – Villach (approx. 40 km)
- Day 5: Villach – Moggio Udinese / Tolmezzo / Venzone (approx. 85 – 90 km or approx. 40 – 58 km + train journey)
- Day 6: Moggio Udinese / Tolmezzo / Venzone – Udine (approx. 60 – 70 km)
- Day 7: Udine – Grado (approx. 55 km)
- Day 8: Departure





FunActive TOURS (Friuli-Venezia Giulia)



FunActive TOURS (Friuli-Venezia Giulia)

## HOME-BASED TOUR Trieste

Difficulty: easy  
Duration: 3 days / 2 nights  
Distance: approx. 70 km

The starting point of this tour is Trieste. The climate, with the dry Bora wind blowing from the karst hinterland to the sea; the history, influenced by the Habsburgs; the geographical location on the borders, make Trieste a very special city.

Located in the Friuli-Venezia Giulia region, it was for a long time a border city, where many people met and exchanged, and whose history can still be seen today in the city's historical, artistic and architectural masterpieces.



### Day 1: Arrival in Trieste

Ride to Castello di Miramare  
(approx. 15 km)

### Day 2: Round trip Val Rosandra (approx. 20 km)

### Day 3: Trieste – Muggia – Koper – Trieste (approx. 35 km)

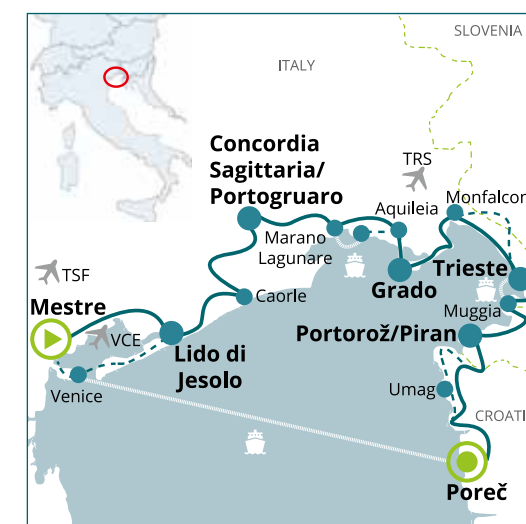
Departure

## Venice – Trieste – Istria

Difficulty: easy  
Duration: 8 days / 7 nights  
Distance: approx. 255 – 430 km

The starting point of this bike tour along the Adriatic Sea is the stunning city of Venice. You will cycle past the classic seaside resorts of Jesolo and Caorle, with the opportunity of a refreshing swim (do not forget your swimming gear on this bike tour!). But there is also a lot to discover away from these beaches: the hinterland of Friuli-Venezia Giulia holds innumerable corners of special charm. Medieval fortress towns, Roman remains, the typical Italian piazzas and buildings characterized by Venetian influences make the visitor forget space and time. While the Adriatic Sea extends quietly and calmly on one side, the Julian Alps rise majestically on the other side. The tour ends in Croatia on the Istrian peninsula. The return trip to Venice is possible by boat.

This bike tour to Istria runs flat until Trieste, then it continues slightly hilly to Poreč. The bike tour is suitable for children aged 14 and over.



### Day 1: Arrival in Venice mainland / Mestre

### Day 2: Venice mainland / Mestre – Jesolo / Caorle (approx. 35 or approx. 80 km)

### Day 3: Jesolo / Caorle – Concordia Sagittaria / Portogruaro (approx. 30 – 35 km)

### Day 4: Concordia Sagittaria / Portogruaro – Grado / Aquileia (approx. 65 km + boat or approx. 45 km + boat and train or approx. 85 km without transfers)

### Day 5: Grado / Aquileia – Trieste (approx. 40 km + train or approx. 80 km)

### Day 6: Trieste – Piran / Portorož (approx. 35 km + ferry Trieste – Muggia or approx. 65 km)

### Day 7: Piran / Portorož – Poreč (approx. 70 km)

### Day 8: Departure





## Dolomites – Trieste

Difficulty: easy – medium

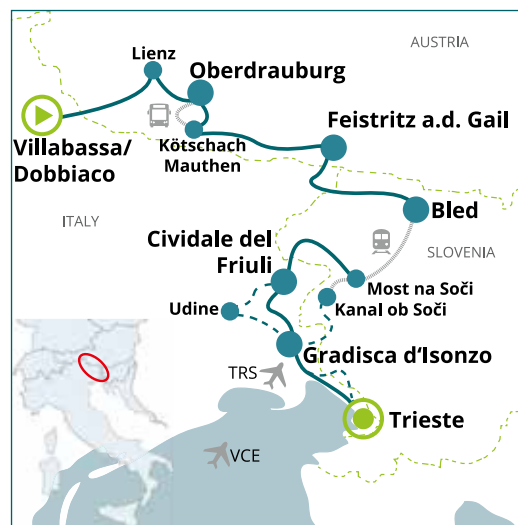
Duration: 8 days / 7 nights

Distance: approx. 315 – 360 km

Starting from the northeastern Dolomites, the first part of the route leads along the Drau river first through the Drau Valley and next through the Gailtal Valley, on leisurely bike paths through Austria.

After a short detour to the Italian border town of Tarvisio, you cycle on to Slovenia. At the fabulous Lake Bled you linger at the foot of the Julian Alps. After a transfer to the south side of the Alps, you return to Italy in the Friuli-Venezia Giulia region and to the famous wine region of the Collio. The former capital of the Longobards, Cividale del Friuli, is worth a visit. Afterwards you can expect a spectacular conclusion to your bike tour on the Adriatic Sea. On the last day you cycle along the sea to the former Habsburg port city of Trieste.

The bike tour to Trieste is a varied tour, the last two stages are slightly hilly. The route runs on bike paths or along very quiet side streets through small villages and idyllic landscapes. The bike tour is suitable for children aged 14 and over.



- Day 1: Arrival in the Hochpustertal Valley
- Day 2: Hochpustertal Valley – Oberdrauburg / Kötschach Mauthen (approx. 70 – 75 km)
- Day 3: Oberdrauburg / Kötschach Mauthen – Feistritz an der Gail (transfer Gailberg Pass + approx. 65 km)
- Day 4: Feistritz an der Gail – Bled (approx. 55 – 65 km)
- Day 5: Bled – Cividale del Friuli (train journey + approx. 50 km)
- Day 6: Cividale del Friuli – Gradisca d'Isonzo (approx. 35 km, longer variant possible)
- Day 7: Gradisca d'Isonzo – Trieste (approx. 40 km)
- Day 8: Departure







FunActive TOURS / Photo: W. B. / B. / B.



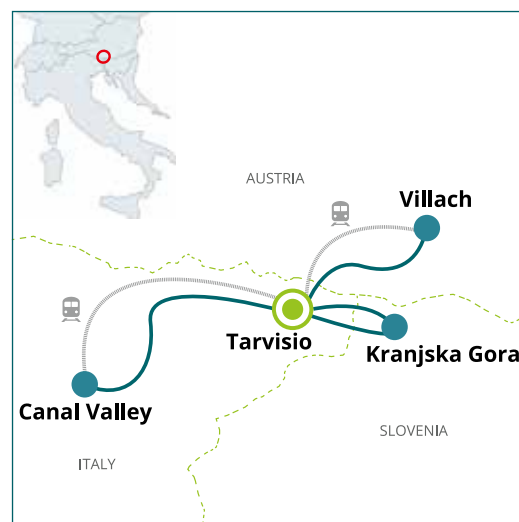
Alessandro Basso / B. / B.

## HOME-BASED TOUR

### Tarvisio

Difficulty: easy  
Duration: 3 days / 2 nights  
Distance: approx. 120 km

The starting point for this home-based tour is Tarvisio, an important mountain town in Italy, close to the borders with three states. Because of its location, it is a crossroad of different languages, cultures and specialties. Tarvisio is also the destination of numerous pilgrims who worship the Holy Madonna of Lussari. The individual daily stages lead on the Alpe Adria cycle path from Villach back to Tarvisio, over the Val Canale further south and finally a detour leads to Slovenia, past the Julian Alps.



#### Day 1: Arrival in Tarvisio

Bike tour Villach – Tarvisio  
(approx. 35 km)

#### Day 2: Tarvisio – Canal Valley – Tarvisio (approx. 50 km)

#### Day 3: Tarvisio – Kranjska Gora – Tarvisio (approx. 35 km)

Departure

## GUIDED BIKE TOUR

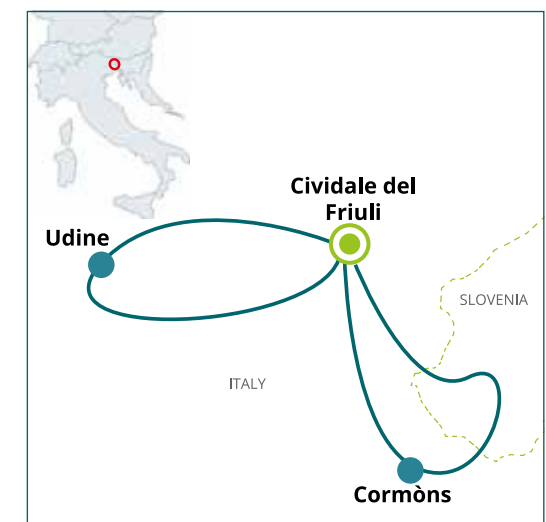
### ONLY FOR PRESET GROUPS

### Friuli for foodies

Difficulty: easy  
Duration: 4 days / 3 nights  
Distance: approx. 110 km

The starting point is the area around Cividale / Prepotto. Cividale is a small town on the banks of the river Natisone. It is bursting with art treasures; it is like a journey through time to the realm of the Celts, Romans and Lombards. The landmark is the „Devil's Bridge“ from the 16<sup>th</sup> century. It is divided into 2 arched bridges and from here you have the most beautiful view of the medieval ensemble. Prepotto (*Prapotto*) is a small picturesque town with winding streets and old houses. This wine village is no stranger to wine lovers: it is also described as an El Dorado for winegrowers. From here you can take a 2-day tours in a region full of hidden treasures and mysterious places, blessed with a diverse culinary offer, still prepared and served with authenticity.

The trip runs mostly on low-traffic side streets, far from the main traffic routes and on bike paths. The area is hilly, sometimes there are climbs to overcome.



#### Day 1: Arrival in Cividale del Friuli

#### Day 2: Lombards & Venetians (approx. 55 km)

#### Day 3: Collio & Brda: one region, two countries (approx. 55 km)

#### Day 4: Departure









## ALPE ADRIA Cividale – Trieste

Difficulty: easy  
Duration: 8 days/7 nights

The starting point of this hiking trip is Cividale del Friuli. The long-distance hiking trail Alpe-Adria-Trail is a meeting point of three cultures. It starts in Carinthia, crosses the borders with Slovenia and ends in the Italian region of Friuli-Venezia Giulia. The Alpe-Adria-Trail has a lot to offer in terms of culture and scenery: starting with Castelmonte, pilgrimage destination, via Cormons, Karst and Brda to finish in the former Habsburg city of Trieste.

The hiking route runs along existing paths that are interconnected. It was designed as an easy-to-go pleasure trail in a mainly non-alpine area. Climbing skills are therefore not necessary. The hiking trip is suitable for children aged 14 and over.



- Day 1:** Arrival in Cividale del Friuli
- Day 2:** Cividale del Friuli – Prepotto  
(Var. 1: ↑ 550 m, ↓ 575 m, 7 – 8 hours;  
Var. 2: ↑ 150 m, ↓ 170 m, 6 – 7 hours)
- Day 3:** Prepotto – Šmartno  
(↑ 625 m, ↓ 475 m, approx. 5 hours)
- Day 4:** Šmartno – Cormons  
(↑ 350 m, ↓ 525 m, approx. 4 – 5 hours)
- Day 5:** Cormons – Gradisca d'Isonzo  
(↑ 100 m, ↓ 125 m, approx. 5 – 6 hours)
- Day 6:** Gradisca d'Isonzo – Monfalcone –  
Duino/Sistiana (Var. 1: ↑ 675 m,  
↓ 650 m, 8 – 9 hours; Var. 2: ↑ 450 m,  
↓ 450 m, 6 hours + bus)
- Day 7:** Duino/Sistiana – Trieste  
(↑ 475 m, ↓ 500 m, approx. 7 – 8 hours)
- Day 8:** Departure

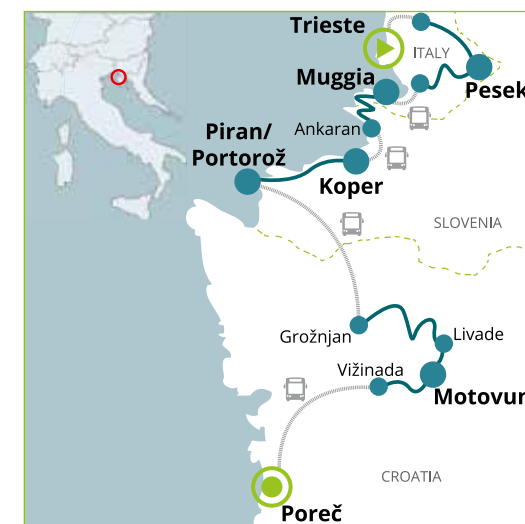


## ISTRIA Trieste – Poreč

Difficulty: easy  
Duration: 8 days/7 nights

The starting point of this hiking trip is Trieste, the former Habsburg port city at the foothills of the Karst. At the time of the Roman Empire, Trieste developed from a relatively small city into an active and rich port city. After a few kilometers you leave Italy and hike first to Slovenia and then to Croatia, in Istria. This sunny peninsula in the Adriatic Sea is mainly characterized by charming little fishing villages, small towns on the karst hills, vineyards and green valleys. Let yourself be charmed by the contrasting landscapes and many colors of Istria.

The hiking trip in Istria is slightly hilly. It is also an ideal follow-up to the hiking tour "Alpe Adria CIVIL-DALE – TRIESTE". The hiking trip is suitable for children from 14 years.



- Day 1:** Arrival in Trieste
- Day 2:** Trieste – Val Rosandra – Pesek  
(↑ 300 m, ↓ 175 m, 3,5 – 4,5 hours)
- Day 3:** Pesek – Aquilinia – Muggia  
(↑ 125 m, ↓ 550 m, approx. 4 – 5 hours)
- Day 4:** Muggia – Ankaran – Koper  
(↑ 275 m, ↓ 250 m, approx. 3 – 4 hours)
- Day 5:** Koper – Piran  
(↑ 250 m, ↓ 250 m, approx. 5 – 6 hours)
- Day 6:** Piran – Grožnjan – Motovun  
(↑ 425 m, ↓ 450 m, approx. 6 – 7 hours)
- Day 7:** Motovun – Vižinada – Poreč  
(↑ 275 m, ↓ 275 m, approx. 3 – 4 hours)
- Day 8:** Departure



# Winter Wonderland in **FRIULI**







## GUIDED CROSS-COUNTRY TOUR ONLY FOR PRESET GROUPS

### Cross-country ski trip in Friuli

Difficulty: easy  
Duration: 8 days / 7 nights

Winter in Friuli – sparkling snow and sunshine. Landscapes covered in snow invite you to cross-country skiing. The mountains dressed in winter clothing provide the ideal background for this largely unknown cross-country skiing region. There is also a lot to experience in Friuli during winter. This cross-country trip leads into delightful small cross-country skiing areas, which are never too crowded and are among the real insider tips of this region.



- Day 1: Arrival in Venice
- Day 2: Sauris circular trail
- Day 3: Forni di Sopra
- Day 4: Sappada
- Day 5: Val Saisera
- Day 6: Tarvisio circular trail
- Day 7: Ratece – Planica / Kranjska Gora
- Day 8: Departure



## FunActive TOURS

FunActive TOURS is the specialist for active tours in the Alpe Adria region and in Italy. Based in Dobbiaco, the company offers cycling and hiking trips in Italy and Europe as well as cross-country trips. In the summer months there is also a bike rental shop to rent bikes for our partner network of South Tyrol Bikes.



★ Administrative office    🚲 Bike rental



22 employees at the headquarters in Dobbiaco and the other locations

5 branch offices in the Alpe Adria area

150 sales partners worldwide

35 self-guided cycling tours

15 self-guided hiking tours

7 self-guided cross-country skiing tours

approx. 1,200 rental bikes (all categories)

approx. 500 service partners (hotels, taxi service, repairs etc.) in the Alpe Adria region and in Italy

approx. 8,000 guests per year

approx. 100,000 pieces of luggage transported per year



# Rental bikes & additional equipment



Of course, you can use your own bike on our bike tours. However, 1,200 high-quality rental bikes are available for you upon request. These bicycles are specially designed for our tours. Stable, comfortable, safe: this is how the perfect bike looks like. Our standard rental bikes have 21 gears, and we also have a variety of E-bikes. Choose the one that suits you better! The bicycles and the equipment (repair kit, odometer, bell, air pump, spare tube, wheel lock, saddlebag, ...) are ready for you at the first hotel of your trip. At the end of your holiday, simply park your rental bike in the last hotel. We take care of the return transport!

## Bike tours for every training level

Our tours are put together so that you can choose the route from different levels of difficulty.

**EASY:** These trips have flat stages or a small difference in height to overcome. You master them with a normal fit condition. Tour for everyone!

**MODERATE:** You love hills and climbs? Then this tour is the right trip for you. A trip for everyone who regularly exercise in their free time.

**CHALLENGING:** That's what it is! You should have trained well for these tours, and you should be used to long climbs.



## BREAKDOWN. And now ...?!

Our rental bikes are serviced regularly. Nevertheless, a breakdown can occur on the way. This will usually be a flat tire, and that is why you will find a spare inner tube together with each repair kit, together with a tire lever. Should you have major problems, our telephone service hotline is available for you.



## BOOK EARLIER Enjoy an early-bird discount

You already know when you are planning your active vacation next year? Perfect! Then benefit from our early booking discount of €20.00 / person on the base price (valid until 28.2.2022). The next vacation is just a click away. Use this opportunity! [www.funactive.info](http://www.funactive.info)

# Trip classification

A trip for everyone

**SHORT-BREAK:** You only have a few days and want to use it for an active holiday? Then our short-break trips are made for you. The special offers include trips from three to five days.

**SELF-GUIDED TOURS:** Equipped with maps, GPS data and directions, you cycle at your own pace. You are the "boss" and discover the country on your own!

**GUIDED GROUP TOURS:** Our local guide will show you the way. He knows where to find the highlights of the trip, and where the best food and insider tips are hidden.

**HOME-BASED TOURS:** Enjoy a relaxing cycling holiday in a region with many destinations, exploring it from one single hotel (max. two). We will provide transfers when necessary and you won't have to worry about your luggage: it will stay in your hotel.



## The quickest way to book!

Check our website [www.funactive.info](http://www.funactive.info), browse the section "travel search", enter the desired tour, click on "book trip", fill in the form and send us a booking request.





### **FunActive TOURS / Trieste Green Tour**

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