

Bike.Sacile

PEDEMONTANA FVG3 CYCLE PATH

The Ciclovia Pedemontana FVG 3 is an important cycling route in Friuli Venezia Giulia. It is 185 km long and runs from Gorizia to Caneva through the Friulian foothills. It has a unique characteristic: it crosses places characterised by the best Friulian wines and various food and wine products that have become part of the Slow Food movement. It is a true 'Taste Route'!

Sacile is the ideal starting point for this route: it is served by rail links that allow you to arrive in the city from anywhere and is the terminus station of the well-known *Ferrovia Turistica Pedemontana del Friuli 'Sacile-Gemona'* (Friuli foothills tourist railway), which runs along the Pre-Alps line, parallel to the path of the cycle route. The Sacile-Maniago section is the easiest and most scenic. You can reach the city of knives by train+bike from Sacile. From there we start pedalling through the centre, towards Montereale Valcellina. After Maniago the route is signposted and easy to follow, even without the aid of maps. After Montereale almost the entire route is a very pleasant and gentle descent, under the scenic landscape of the Piancavallo and Cansiglio mountains. It passes through Marsure, Aviano, Budoia, Polcenigo. Return to Sacile by deviating from the route shortly after Fiaschetti.

Points of interest

Maniago – This town is world-famous for the production of high-quality knives and steel objects of all kinds. Don't miss a visit to the *Museo dell'Arte Fabbri e delle Coltellerie* (Museum of Manufacturing and Cutlery Art), located near the railway station.

Malnisio, Ex centrale idroelettrica "Pitter" – This historic and artistic power station, which used to provide Venice with electricity from 1906, was decommissioned in 1988 and converted into a science museum. Open to the public also for guided tours.

Loc. Marsure, Chiesa di Santa Caterina (57) - Located in the historical centre of the village, this church contains valuable 16th century frescoes depicting the life of St Catherine of Alexandria.

Aviano - This town is an important centre in the Pordenone foothills and home to the USAF air base of the same name. The historic church **(55)** houses valuable works of art, including one of the best paintings by Baroque painter Gasparo Narvesa. Along the road to Castello d'Aviano is the birthplace house of the Blessed Father Marco d'Aviano **(54)**, the famous Capuchin friar preacher and advisor to the courts of European sovereigns in the 17th century, the protagonist in 1683 of the victorious defence of Vienna against the Ottoman siege.

Castello d'Aviano - Site of a medieval fortress, this village preserves remains of the ancient walls. The most important vestiges of that time are the Churches of *Santa Giuliana (52)*, with frescoes from the 14th century, and *San Gregorio (53)*, with the beautiful cycle of the Passion painted by Gianfrancesco da Tolmezzo at the end of the 15th century.

Budoia, Museo del fungo (48) - Located in the former dairy, it is one of Italy's largest museums of its kind, containing a very interesting collection of 270 life-size models of mushrooms, with information on whether they are dangerous or not, popular beliefs and much more.

Loc. Santa Lucia, Chiesa di Santa Lucia in Colle (47) – This church lies a little off the beaten track in the hills behind the village of the same name. After a recent restoration, the beautiful fresco by Gianfrancesco da Tolmezzo depicting the martyrdom of the Saint has reappeared.

Sorgente del Gorgazzo (27) - From a karstic tunnel, which descends to depths not yet reached by man, gushes out water from Cansiglio. It is an intermittent source, which reacts promptly when it rains and then subsequently recedes. The point of emersion is a beautiful small lake of clear water; the waters of the Gorgazzo pass through the centre of Polcenigo and then flow into the Livenza.



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Polcenigo - Listed among the *'Borghi più Belli d'Italia'* (Most Beautiful Villages in Italy), Polcenigo still preserves a historic urban layout and impressive buildings. The castle **(28)**, which was the residence of the Counts, dominates the town and the nearby Church of S. *Giacomo* **(29)**, formerly part of a Franciscan monastery, and preserves works of art of considerable importance. Polcenigo is also home to the interesting *Museo dell'Arte Cucinaria* (Museum of Culinary Art) **(30)**. On the nearby San Floriano hill there is a rural park **(31)** which is a welcoming and educational environment where children and adults can admire the animals and enjoy various activities.

Sorgente La Santissima - With a short deviation from the main route, we can reach this magical place at the foot of the mountains, where a number of karst springs emerge close together, constantly gushing out water. The spring **(25)** owes its name to religious legends and traditions that made it a point of pilgrimage and prayer. The Church of SS. *Trinità* (the Holy Trinity) **(26)**, which contains prestigious works of art, was built in memory of an alleged apparition that occurred before Emperor Theodosius while he was camped there.

Palù di Livenza - In the Palaeolithic period there was a village of pile dwellings **(22)** above a marsh. It is one of the oldest Italian sites of its kind, with a wealth of archaeological finds unearthed during excavation campaigns. It has been on the UNESCO World Heritage List since 2011. The remains of the posts driven into the mud that supported the huts are still visible. The *Palù* biotope **(23)** is also an area of great natural interest, home to animal and plant species typical of wetlands.

Characteristics of the route

Total length: 47 km

Total height difference from Maniago: 80 m uphill; 400 m downhill

Difficulty: easy

Usable bicycle types: all models

Paved road: 47 km

Unpaved road: 0 km

Fountains along the road: yes

Camper parking areas: yes

Bicycle services: in Maniago, Aviano, Polcenigo and Sacile

Train+bike stations: in Sacile, Budoia, Aviano, Montereale V. and Maniago

Car parking areas: in all towns and villages along the route

Restaurants and bars: in all towns and villages along the route

