



SUMMER GUIDE

2022—2025

FVG=DISCOVER

Dolomiti in tutti i sensi



PEARL OF THE ALPS

—
Overlook by the beautiful peaks of
the Eastern Dolomites

boundless
adventure

PATRIMONIO UNESCO

—
Montagne favolose costellate
di guglie e pinnacoli

io sono
[FRIULI VENEZIA GIULIA]
www.turismo.fvg.it


Forni di Sopra
DOLOMITI IN TUTTI I SENSI





Friulian
Dolomites

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TRADITION, ART, AND CULTURE

RETE DI IMPRESE

FORNI DI SOPRA

DOLOMITI IN TUTTI I SENSI

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Italy

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www.fornidisopra.it

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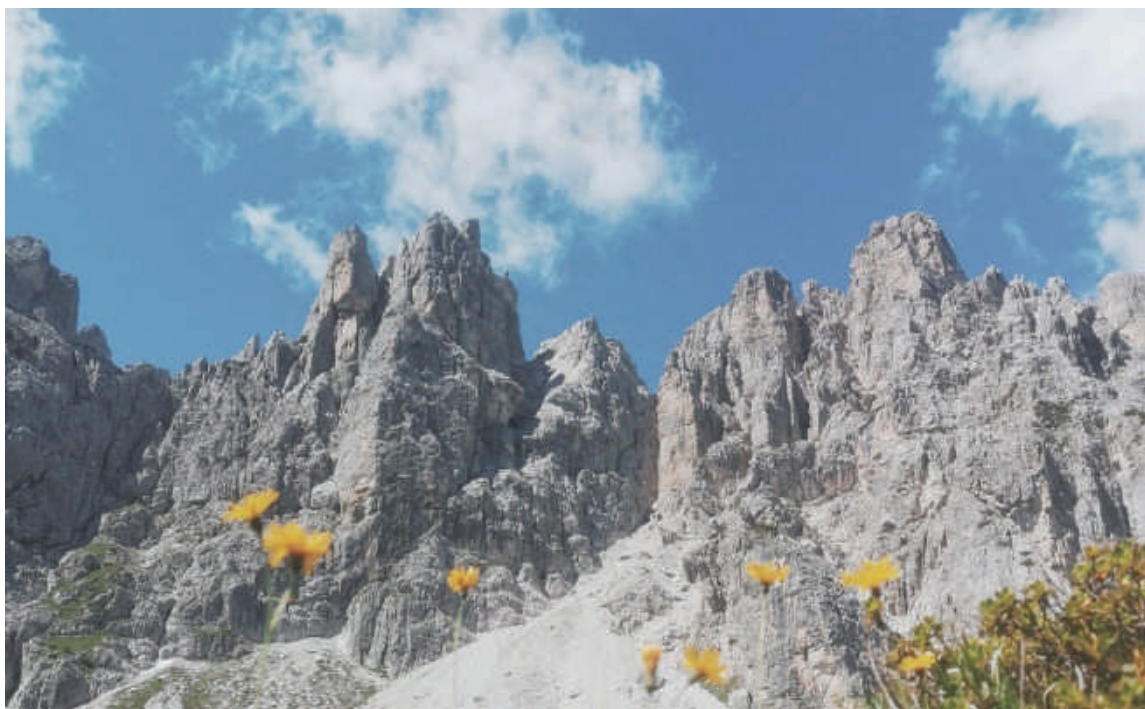
Campanile di
Val Montanaia

During the summer, with the green meadows dotted with colorful flowers and wild herbs, the landsCH.e of the Friulian Dolomites Natural Park (UNESCO World Heritage Site since 2009), Forni di Sopra becomes an uncontaminated and wild reserve.

An extensive trails network for all skill levels, walkable paths, by mountain bike or on horseback, leads tourists on countless excursions to the discovery of flora and fauna: from relaxing walks suitable for families to trekking to the most challenging mountaineering routes and vie ferrate.

These mountains also offer the opportunity to visit a unique archaeological site: the remains of the Castle of Sacuidic, an ancient manor of the 12th-13th century, on the left bank of the Tagliamento river, which was set on fire towards the end of 1200 as an alleged clandestine mint.

Adventure lovers can have fun at the Dolomiti Adventure Park, one of the largest adventure parks in Italy, and at the Dolomiti Climb Varmost, the sports ferrata that reaches the summit of Clap Varmost, a breathtaking panoramic window on the Dolomites.



The mountain is not just snow and cliffs, ridges, streams, lakes, pastures. The mountain is a way of life. One step in front of the other, silence, time, and measure.

Paolo Cognetti





CH. 1

—

DELIGHT YOUR PALATE

The territory offers typical seasonal products that allow us to maintain the bond with the land and propose it on the table.

The doors of Forni di Sopra open wide to welcome tourists, offering every weekend a different tasting experience in the name of tradition.

FOOD & WINE

APERITIF WITH THE CHEF



Davòst gastronomy offers their customers homemade products, top-quality smoked cured meats, marinated wild herbs, different kinds of frico, flower syrup, and more.

Chef Maurizio Cambò explains how to prepare smoked meats and in-oil products following the Fornese tradition. Wine tasting afterward.



FOCUS ON

WHERE Hotel Davost

TIME 05:30 PM

DURATION 1-2 hours

RECOMMENDED DAY Wednesday from June to September

TARGET Adults

MINIMUM PARTICIPANT NUM. 6 people

RECOMMENDED CLOTHING Informal

INFO & BOOKING

Within 11:00 AM of the same day

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org





FOOD & WINE

— SHOW COOKING

A themed aperitif buffet with chef Maurizio Cambò. He teaches recipes of the Fornese tradition and cooking and smoking techniques. Depending on the time of year, we organize short hikes to

collect the herbs necessary for the recipes.

FOCUS ON

WHERE Hotel Davost

TIME 05:30 PM

DURATION 1-2 hours

RECOMMENDED DAY Thursday from June to September

TARGET Adults and children ages 9 and older

MINIMUM PARTICIPANT NUM. 5 people

RECOMMENDED CLOTHING Informal for the aperitif, sportswear for the excursions

INFO & BOOKING

Within 08:00 PM of the previous day

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org



TASTE THE WEEKEND

— WAITING FOR THE SPRING HERBS FESTIVAL



Five weekends to delight your palate with the aromas of the herbs of the Friulian Dolomites. It is right here in Forni di Sopra, in the heart of a vast and sunny basin, that hundreds of species of herbs and flowers bloom. Sage, dandelion, nettle, horseradish, watercress, and elderberry.

Herbs are expertly used in unique dishes to discover new and unforgettable flavors.



FOCUS ON

WHERE Rete di Imprese Restaurants

DURATION Dinners on Saturday
and Sunday

RECOMMENDED PERIOD May

TARGET Adults and families

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Informal

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org





FOOD & WINE

— THE SPRING HERBS FESTIVAL

Local specialties and traditions
Two weekends in June
dedicated to wild mountain
herbs. A unique festival with
many attractions, not only
gastronomic.
Workshops, markets, and fun
activities for children: discover
the secrets of wild herbs and

enjoy fragrant dishes with
surprising, unexpected flavors.
Botanical walks in the woods to
learn about food and medicinal
plants.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION Weekend

RECOMMENDED PERIOD June

TARGET Adults and children

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 50 people

RECOMMENDED CLOTHING Sportswear
and hiking boots for excursions

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org



FOOD & WINE — SMOKED MEATS



Guided excursion to Ingravideit and the artisan smoked meats workshop.

The visit includes a lesson on the history, traditions, and properties of local cold cuts in the Fornese valley and product tasting. Stop at the small botanical garden to admire and learn about the traditional aromatic and medicinal herbs. According to an ancient preparation handed down from generation to generation, they are still used to marinate and smoke the meat.



FOCUS ON

WHERE Hotel Davost

TIME 09:00 AM

DURATION 2 hours

LENGHT 3-4 Km

ELEVATION GAIN 100-400 m

RECOMMENDED DAY Tuesday from June to September

TARGET Adults and children age 9 and older

MINIMUM PARTICIPANT NUM. 6 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Sportswear

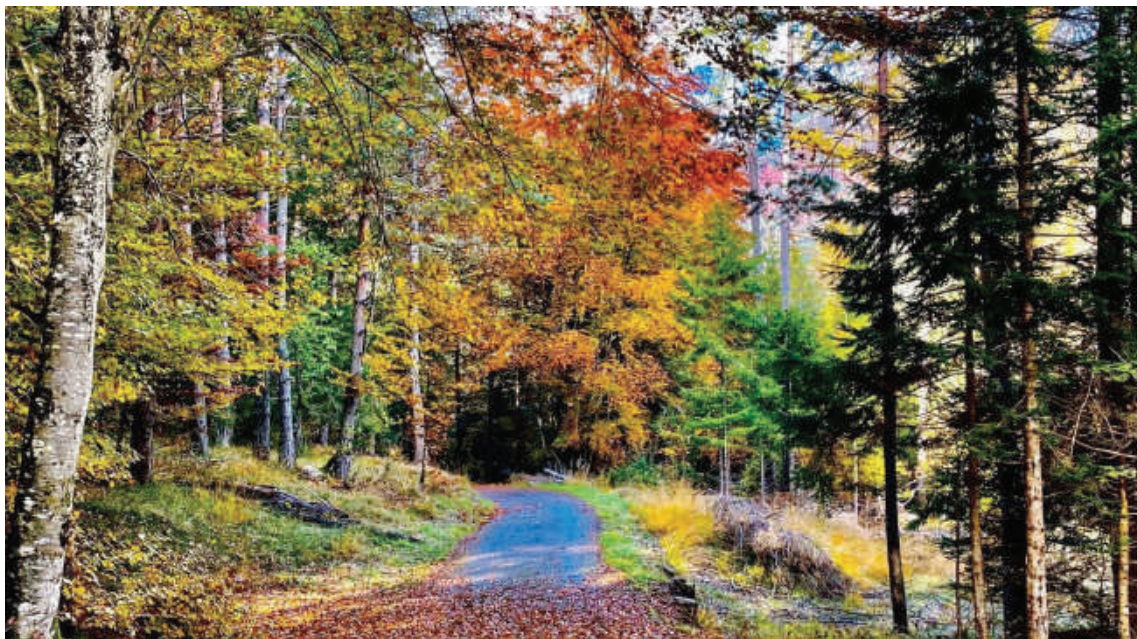
INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

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FOOD & WINE

—

MUSHROOMS FEST

The colors and scents of autumn blend into the dishes and are presented during this historic September event.

A weekend dedicated to the discovery of the delicious products of the woods. You can taste the original mushrooms dishes, enjoy the

mycological exhibition and the small craft market in the center.

FOCUS ON

—

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION Weekend

RECOMMENDED PERIOD September

TARGET Adults and children

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 50 people

RECOMMENDED CLOTHING Sportswear and hiking boots for excursions

INFO & BOOKING

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FOOD & WINE

FOGLIE D'ERBA BREWERY: A SIP OF POETRY



Forni di Sopra's Foglie D'Erba (Leaves of Grass) brewery comes from the title of a famous collection of poems by Walt Whitman. A craft beer born in 2008, made of unique aromatic ingredients and the Friulian Dolomites crystal clear water, which flows into a spring in the Valle di Giaf, at 1200 meters above sea level.

Visit the artisan brewery workshop and beer tasting for a sip of freshness and quality.



FOCUS ON

WHERE Birrificio Artigianale Foglie d'Erba

TIME 06:00 PM

DURATION 1 hour

RECOMMENDED PERIOD All the year

TARGET Adults

MINIMUM PARTICIPANT NUM. 5 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

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DOLOMITI —
IN TUTTI I SENSI



FROM LEFT TO RIGHT: TORRE VALENTINO,
CRODON DI GIAF, CIMA MADDALENA



PERSPECTIVES

—

On the highest peaks, you realize that
snow, sky, and gold have
the same value.

Boris Vian





CH. 2

—

YOUR FAMILY VACATION

Forni di Sopra, the Alpine pearl of the Friulian Dolomites, is the perfect destination for your family.

With the best fun and creative activities for children in a pristine environment, sustainable mobility, and respect for climate and nature.

A DAY WITH THE FAMILY — FANTASY PARK



A beautiful sunny meadow or a snow-covered field. Whatever the season, at Fantasy Park you will find a lot of fun!

During summer, there are inflatables, trampolines, and many other games. Take the moving walkway and then slide down on funny donuts!

Meanwhile, parents can relax nearby on the tables and beach chairs at their disposal.



FOCUS ON

WHERE Forni di Sopra Sports Area,
next to the Ski Area

DURATION Daily hours

RECOMMENDED PERIOD From June to
September

TARGET Children age 3 and older

MAXIMUM PARTICIPANT NUM. 1 adult
per kid

RECOMMENDED CLOTHING Sportswear,
with sneakers

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

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EXCURSION

WALKING WITH DONKEY BIAGIO

Easy naturalistic walk in the company of the donkey Biagio to discover the nature of the Park. Children learn how to interact with Biagio and will be able to ride him.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 10:00 AM

DURATION 2-3 hours

LENGTH 2-4 Km

ELEVATION GAIN 0-100 m

RECOMMENDED SEASON All seasons

TARGET Children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Sportswear, with sneakers

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

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A DAY AT THE MALGA — THE CHEERFUL FARM



Malga Varmost is located on a meadow on the slopes of Mount Crusicalas. The Alpine hut is served by a forest trail that starts from Forni di Sopra and, in the summer, it's reachable also with the Varmost chairlift.

The red and grey Alpine spotted cows wait for your arrival, together with the bull Calimero, sheep, goats, horses, donkeys, dogs, cats, peacocks, turkeys, ducks, and geese. They are the cheerful farm of Ivan Morocutti. The natural and local products, the smell and taste of the mountain hut cheese, will delight your palate.



FOCUS ON

WHERE Seggiovina del Varmost

TIME 09:00 AM

DURATION 6 hours

LENGHT 2-3 Km

ELEVATION GAIN 100-200 m

RECOMMENDED PERIOD From July to September

TARGET Adults and children age 5 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Sportswear, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

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DRAW & EXPLORE

CREATIVE OUTDOOR WORKSHOPS FOR CHILDREN

Educational outdoor workshop for children.

Application of different methods of art pedagogy: create with natural materials (Land Art), explore various aspects of nature and landscape, draw and

observe. A creative game for the whole family.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 10:00 AM

DURATION 6 hours

RECOMMENDED DAYS Thursdays in July and August

TARGET Children ages 7-12

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Appropriate clothing to stay outdoors, drinks, backpack, packed lunch

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org



DRAW & EXPLORE — WATERCOLOR ON THE TRAILS PAINTING WORKSHOP



Educational outdoor workshop for children.

Application of different methods of art pedagogy: explore other aspects of nature and landscape, draw and observe—a creative game for the whole family.



FOCUS ON —

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 4 hours

RECOMMENDED PERIOD July and August

TARGET Teens age 14 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Appropriate clothing to stay outdoors, drinks, backpack, packed lunch

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

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A DAY WITH THE FAMILY

FUN ACTIVITIES AND THEMED WORKSHOPS

For a fun family day, with plenty of outdoor games for children to discover plants and animals of the Friulian Dolomites Park.

In the meantime, parents can engage in practical outdoor or indoor activities (in case of bad weather) and create cosmetic

creams made of herbs and plants.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 2-3 hours

LENGHT 0-4 Km

ELEVATION GAIN 0-100 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

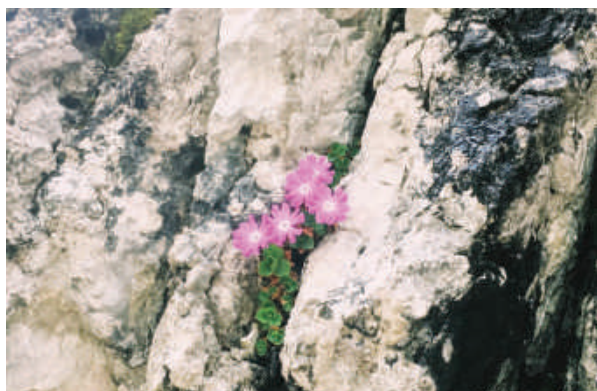
RECOMMENDED CLOTHING Walking shoes

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org



A DAY WITH THE FAMILY — NATURE WALKS



Excursions to discover the Friulian Dolomites Natural Park, accompanied by an alpine and nature guide. They describe and talk about the beauty of the surroundings, the local plants, and herbs and reveals all sorts of curiosities.

Discovering the animals of the woods, finding the footprints left by deer and foxes, listening to the sounds of nature. A unique experience for the whole family.



FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3-4 hours

LENGHT 4-8 Km

ELEVATION GAIN 50-400 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org









CH. 3

—

OUTDOOR SPORTS

The perfect location for your summer holidays: surrounded by nature, meadows, valleys, high rocky peaks, and lush woods.

You can choose between the valley trails or the long walks of the mid-mountain, or measure yourself with high altitude hikes, where the fresh air invigorates body and spirit thanks to the pristine nature.

Experience a unique and unforgettable vacation, where qualified guides will make you discover the magnificent territory of the Friulian Dolomites Natural Park.

ON THE SCENIC PATHS OF THE DOLOMITES

HIKE TO THE RIFUGIO GIAF



One-day excursion from the village to the Giau refuge, with a mid-mountain guide. You walk along a magnificent panoramic trail over the Dolomites and the upper Val Tagliamento.

Nature, exploration, and awareness to enjoy its unique beauty while staying active.

Possibility of lunch at the refuge.



FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 6 hours

LENGTH 10 Km

ELEVATION GAIN 450 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children age 9 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org





EXCURSION — NIGHT AT THE REFUGE

The real way to live a full mountain refuge experience is to sleep there at night and wake up at dawn the next day, with the alpenglow (enrosadira) that colors the mountains pink and inspires peace and tranquility. Also, the dinner at the hut is the most convivial moment. You meet new people, share travel stories, adventures, walks, and climbing experiences. After a rich breakfast, it is time to

depart for an excursion to discover panoramic views and trails of the Dolomites.

FOCUS ON —

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 2 days, 1 night

LENGTH 10-12 Km

ELEVATION GAIN 700 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children age 12 and older

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 20 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



SCENIC EXCURSION — THE VALLEY OF CRYSTAL CLEAR WATERFALLS



With a nature guide, hike immersed in the beautiful landscapes of the Dolomites of Forni di Sotto, discovering the gorge of the Poschiadea river, with its emerald green waters and its bubbling and fresh waterfalls.

The path winds along the bed of the Tagliamento river and slowly climbs the Val Poschiadea: here you observe the beautiful emerald pools of Val Tagliamento and discover the methods of logs transport with the lumberjacks.



FOCUS ON —

WHERE Visitor Center Forni di Sotto

TIME 09:00 AM

DURATION 5 hours

LENGTH 4-8 Km

ELEVATION GAIN 50-400 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





EXCURSION

DISCOVERING THE FORNESI HERBS

Accompanied by a nature guide, a pleasant hike dedicated to spring herbs, looking for medicinal, edible, and cosmetic plants of the Friulian Dolomites Park.

Surrounded by thousands of colorful flowers, enjoy the view and the scents of nature.

FOCUS ON

WHERE Visitor Center Forni di Sotto

TIME 09:00 AM

DURATION 3-4 hours

LENGTH 4-8 Km

ELEVATION GAIN 50-400 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



FORNI DI SOTTO — DISCOVERING THE ANCIENT PATHS



Accompanied by a nature guide, pleasant hikes to explore places of great naturalistic, geological, and scenic interest.

Starting from the end of June, we organize different excursions, often within the suggestive and wild valleys around Forni di Sotto, like the Val Auza, the Val Poschiadea, the Val Rovadia, the Orrido of Rassie, and many more.



FOCUS ON —

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3-4 hours

LENGTH 4-8 Km

ELEVATION GAIN 50-400 M

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





EXCURSION

DISCOVERING MALGHE

Accompanied by a nature guide, this is a high-altitude hike dedicated to the colors of the mountain huts.

After taking the Varmost chairlift, a walk to discover the malga, the animals, and nature. Lunch with homemade dairy products.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 5 hours

LENGTH 4-5 Km

ELEVATION GAIN 200-400 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



EXCURSION — DISCOVERING THE COLOURS AND SCENTS OF THE WOODS



Accompanied by a nature guide, a botanical excursion into the woods of Forni di Sopra, discovering the fruits of the undergrowth. A variety of colors and fragrances that immerse you in a symphony of senses.

The guide's expertise will lead you to explore trails and places for a unique and unforgettable experience.



FOCUS ON —

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3 hours

LENGTH 5-7 Km

ELEVATION GAIN 100-300 m

RECOMMENDED SEASON Autumn

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





EXCURSION — ANELLO DI COSTA BATON

L'Anello di Costa Baton (the ring of Costa Baton) is a trail that ventures on the southern side of Mount Zauf and the eastern side of Mount Rancolin.

Accompanied by a nature guide, the departure is from Forni di Sotto, and the arrival is the two-colored spurs known as the Cjampani (bell towers), unique stratified formations. From there, the hike continues to

the beautifully restored Casera Costa Baton, and then it goes down to the Preson barns and back to the starting point.

FOCUS ON —

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 5-6 hours

LENGHT 13 Km

ELEVATION GAIN 900 m

RECOMMENDED SEASONS Summer and autumn

TARGET Adults

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



FORNI DI SOTTO — AGHE PUCE EXCURSION



The *Aghe puce* (stinking water) is a small spring rich in sulfur compounds (smell of rotten eggs) and interesting colonies of filamentous chemosynthetic bacteria. This bacteria uses the sulfur hydrogen present in the water to get energy.

The spring is located along the course of the Tagliamento river and can be reached with an easy hike, together with a nature guide, that starts from Vico di Forni di Sotto or Sant'Antonio.



FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3-4 hours

LENGHT 4-8 Km

ELEVATION GAIN 50-100 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





EXCURSION

—

NORDIC WALKING

Naturalistic excursion with a qualified guide, using the Nordic Walking sticks.

Along the way, you admire the magnificent surroundings and discover the beauty of the Park. For a complete fitness activity, other exercises are explained and practiced.

FOCUS ON

—

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3-4 hours

LENGTH 4-8 Km

ELEVATION GAIN 50-200 m

RECOMMENDED SEASONS Summer and autumn

TARGET Adults and children age 10

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 15 people

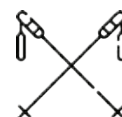
RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

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EDU ACTIVITY — APPROACH TO MOUNTAIN BIKES



Discover the natural beauty of the Alpine Pearls with a pleasant mountain bike tour.

For those who are not yet familiar with mountain bikes, beginners course with qualified instructors on the easy cycling valley paths.



FOCUS ON —

WHERE Forni di Sopra Sport Area

TIME 09:00 AM

DURATION 2-3 hours

LENGHT 5-6 Km

ELEVATION GAIN 100-200 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 8 people

RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

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BIKE TOUR

MOUNTAIN BIKES & HAPPY HOUR ON THE DOLOMITES

The area offers numerous routes to meet both the needs of the most demanding bikers and the less experienced ones. The pride of the Carnia in mountain bike is l'Anello Tagliamento, a trail more than 30 km long that goes through suggestive natural sites.

Bike tour with an expert MTB guide and at the end, aperitif with a view of the Dolomites.

FOCUS ON

WHERE Forni di Sopra Sport Area

TIME 09:00 AM

DURATION 3 hours

LENGHT 8-10 Km

ELEVATION GAIN 100-200 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children age 14 and older

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 8 people

RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

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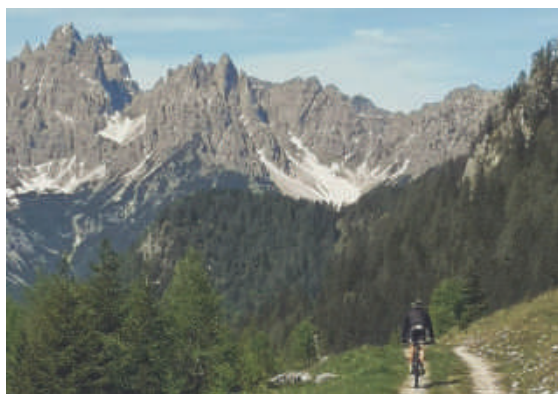


MTB TOUR

E-BIKE EXPERIENCE

E-bike tours along the forest roads and the paths of the Tagliamento Valley.

Explore the territory of Forni riding an MTB with pedal assistance! Guaranteed fun without suffering the climb! Possibility of lunch at the mountain hut.



FOCUS ON

WHERE Dolomiti Ski Bar

TIME 08:30 AM

DURATION 4-6 hours

LENGHT 16 Km

ELEVATION GAIN 300-500 m

RECOMMENDED PERIOD From June to September

TARGET Adults and teens age 16 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



EDU ACTIVITY — APPROACH TO CLIMBING

You never tried to climb, and would you like to try? Join this course held on the natural cliffs of Forni di Sopra, Forni di Sotto and Sauris, with qualified mountain guides who teach you the climbing techniques with the right equipment and safety.

Discover the pleasure of rock climbing.



ROCK CLIMBING (age 10 and older)

— **VIE FERRATE (age 14 and older)**

—
Farina del Diavolo (710 m)
Adventure Climb Varmost (1.754 m)
Cassiopea (2.260 m)
Cresta nel Cielo (2.120 m)

FOCUS ON

— **WHERE** Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 4-6 hours

LENGHT 5-10 Km

ELEVATION GAIN 300-800 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 10-14 and older

MIN/MAX PARTICIPANT NUMBER 4 people

RECOMMENDED CLOTHING Hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



A DAY WITH THE FAMILY — SPORTFISHING



Each fisher remembers the first time he caught a fish. At the Forni di Sopra lakes, you can practice this incredibly multifaceted sport and try many techniques. Unique emotions guaranteed.

At the Associazione Sportiva Pesport headquarters, you can rent fishing rods and baits and obtain daily license permits. At the end of the day, enjoy a fish lunch.



FOCUS ON

WHERE Forni di Sopra lakes

TIME 09:00 AM

DURATION 4-6 hours

RECOMMENDED PERIOD From June to October

TARGET Adults and children age 10 and older

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 10 people

RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





A DAY WITH THE FAMILY

MUSHROOM PICKING

The forests of the Friulian Dolomites Natural Park are well-known for their variety of mushrooms.

Finferli (chanterelles), porcini, chiodini, mazze di tamburo, and others grow at the trees' feet and in the meadows during summer and autumn.

At the end of the "hunt," mushroom-tasting lunch at the restaurants of Rete di Imprese.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 08:00 AM

DURATION 4-6 hours

RECOMMENDED PERIOD From June to October

TARGET Adults and children age 10 and older

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 8 people

RECOMMENDED CLOTHING Sportswear, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



DOLOMITI —
IN TUTTI I SENSI



SOM PICOL LAKE. IN THE BACKGROUND
CRIDOLA AND FORCELLA SCODOVACCA



PERSPECTIVES

—

The Mountains are silent masters
and make silent disciples.

Johann Wolfgang von Goethe





CH. 4

—

ACTIVE SPORT

Adventure lovers can have fun in the Dolomiti Adventure Park, one of the largest adventure parks in Italy, and in the Dolomiti Climb Varmost, the 300-meters-high via ferrata that climbs Monte Clap Varmost, an extraordinary panoramic window on the Dolomites.

Paragliding, canyoning, and many other emotions await you in the Friulian Dolomites Park.

CLIMBING

—

HIGH ALTITUDE HIKES WITH A GUIDE

Mountain climbing fans and experts: we propose some trails, challenging for the itineraries and the elevation gain.

Excursions to discover the wild nature of the Friulian Dolomites Natural Park, immersed in unique landscapes, on impressive peaks with breathtaking views.



Conquer the summit together with the qualified mountain guides!

EXCURSIONS

—

Monte Cimacuta (2.043 m)
Monte Urtisiel Est (2.119 m)
Monte Bivera (2.474 m)

FOCUS ON

—

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 4 hours

ELEVATION GAIN 700-1000 m

RECOMMENDED PERIOD From June to September

TARGET Adults and teens age 14 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 6 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org





CLIMBING

ADVENTURE CLIMB VARMOST

The perfect ferrata for mountain lovers who are not afraid of heights.

The panoramic peak of Clap Varmost overlooks Forni di Sopra. On this relief, trails and vie ferrate come to life. You have to try them all!

The Varmost Adventure Climb is not a classic mountain climb. It is a sport trail that involves the overcoming of gorges and sheer cliffs. Here you will cross the suspended bridge in the void of the Clap Varmost that will leave you breathless.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3-4 hours

ELEVATION GAIN 300 m

RECOMMENDED PERIOD From June to September

TARGET Adults

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 4 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org



EXTREME SPORT

— FREE FLIGHT AND PARAGLIDING FROM MONTE VARMOST



Breathtaking emotions in the Friulian Dolomites Park!

The Varmost area in Forni di Sopra is one of the best flight zones in the northeast. Taking advantage of the thermal and dynamic upward currents, you can experience magnificent panoramic flights over the valley and the peaks of the Dolomites.



FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 4 hours

RECOMMENDED PERIOD From June to September (chairlift opening calendar)

TARGET Adults

RECOMMENDED CLOTHING Sportswear, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org





ADRENALINE — DOLOMITI ADVENTURE PARK

Near Forni di Sopra, surrounded by the wildest Dolomites, the Dolomiti Adventure Park awaits you for an exciting adventure in complete safety.

Seven paths, identified with different colors, for over 65 platforms in the trees. The adventure park can satisfy every expectation: the youngest guests will experience the thrill of the easiest itineraries, the adults and the bravest kids will have fun on the four adrenaline trails dedicated to them.

And for a breathtaking vertical jump, there is the 15 meters high Powerfan, the tallest tree.

FOCUS ON —

WHERE Ski Area Varmost parking

TIME 10:00 AM

DURATION Open all-day

RECOMMENDED PERIOD From June to September

TARGET Adults and children age 5 and older (minimum height 100 cm)

RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

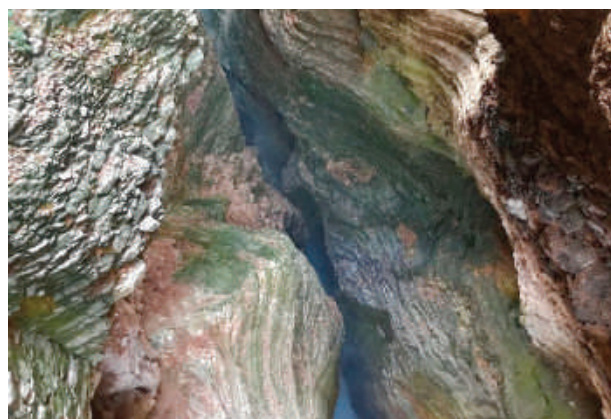
booking-rete@fornidisopra.org



CANYONING

— ROCKS, WATER, NATURE... FUN!

An exciting adventure that takes you into the deep and fascinating gorges of the Friulian Dolomites Park, among waterfalls and crystal clear pools. There is where the canyoning activities will take place, Followed by expert alpine guides, you will take a spectacular walk down to the ravine alongside waterfalls and then along the river bed between



rocks and mountain walls shaped over time by the uninterrupted flow of water.

EXCURSIONS

—
Orrido di Rasie
Torrente Lumiei
Torrente Tolina
Torrente Poschiadeah

FOCUS ON

—
WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 6 hours

RECOMMENDED PERIOD From June to September

TARGET Adults and teens age 14 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 6 people

RECOMMENDED CLOTHING Sportswear, with hiking boots, swimsuit

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org





CLIMBING

—

VIE FERRATE

Discover the pleasure of rock climbing! For high-altitude challenges lovers, with technical passages on exposed slopes, Forni di Sopra offers several vie ferrate of high technical level and great panoramic satisfaction, among unique and impressive landscapes. The mountain guides will accompany you, proposing a calendar of summer events that you won't forget.

EXCURSIONS

—

Farina del Diavolo (710 m)
Cassiopea (2.260 m)
Cresta nel Cielo (2.120 m)

FOCUS ON

—

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 4 hours

ELEVATION GAIN 200-800 m from the ferrata starting point

RECOMMENDED PERIOD From June to September

TARGET Adults and teens age 14 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 4 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org



ADRENALINE — GRAVITY PARK AND BEER TASTING



For a descent in one breath, for an adrenaline thrill on steep slopes with unpredictable obstacles, come to Forni di Sopra in the realm of enduro bike trails. There are extraordinary paths in extraordinary places, starting from the Tartoi and Tragonia mountain huts, with descents of almost 1000 meters and slopes for experts only.

The ticket, valid for the whole day, is designed for those who practice mountain bike and want access to the gravity Park of Forni di Sopra in complete autonomy. At the end of the descent, enjoy a cold beer at the craft brewery of Foglie D'Erba.



FOCUS ON —

WHERE Dolomiti Ski-Bar

TIME 09:00 AM

DURATION All-day

ELEVATION GAIN 800-1000 m

RECOMMENDED PERIOD From June to September

TARGET Adults and teens age 14 and older

RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





MTB TOUR

MALGHE ITINERARY

Hike to the Tartoi, 8 km, and Tragonia, 9 km.

You can reach the mountain huts by mountain bike. Be careful, these routes are challenging, not so much from a cycling point of view, as they wind entirely along even and solid dirt roads, but because of the differences in height and slopes.

We suggest using MTB with pedal assistance.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 6 hours

LENGHT 17 Km

ELEVATION GAIN 800-1000 m

RECOMMENDED PERIOD From June to September

TARGET Adults

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 15 people

RECOMMENDED CLOTHING Sportswear, MTB, or bike with pedal assistance

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org







CH. 5

—

HEALTH AND WELLNESS

Leave chaos, pollution, and technology at home and breathe the pure and uncontaminated air of the Friulian Dolomites Park.

You can stimulate your nervous system and relax completely with the “bath in the forest”, practicing yoga, lying under a starry sky, or listening to the soft sounds of deer.

NATURALISTIC AND BOTANICAL EXCURSION

— WITH FOREST BATHING



Dive into nature! Fascinating excursion dedicated to flora and fauna, with relaxing and regenerating sensory experiences. Unwind body and mind. The guide will also teach you how to prepare plant-based cosmetic products.

Walking in the woods has beneficial effects, as it lowers cortisol, the stress hormone. The results can be seen immediately: it soothes and clears your mind, drives away negative thoughts, and involves a general mood improvement and self-esteem.



FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 03:00 PM

DURATION 3 hours

LENGTH 2-4 Km

ELEVATION GAIN 50-150 m

RECOMMENDED PERIOD From June to September

TARGET Adults and teens age 14 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





EXCURSION

—

DEER MATING SEASON

Exploratory excursion at sunset that runs along an ancient path in the woods of Forni di Sopra to observe and listen to the powerful sounds of the deer in love.

Accompanied by a nature guide, you will discover an ancient path through suggestive woods and vast meadows and listen to

the bellowing deer during mating season.

FOCUS ON

—

WHERE Visitor Center Friulian Dolomites Park

TIME 05:00 PM

DURATION 3 hours

LENGHT 2-4 Km

ELEVATION GAIN 200 m

RECOMMENDED PERIOD From June to September

TARGET Adults and teens age 16 and older

MINIMUM PARTICIPANT NUM. 5 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots, flashlight

INFO & BOOKING

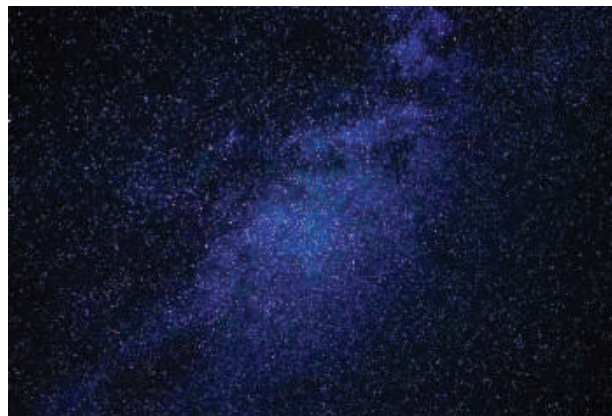
DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



NIGHT HIKE — UNDER THE STARRY SKY



Evening walk in Forni di Sopra with stops in wide-open places, free from light pollution, where you can look at the night sky and chat about falling stars, satellites, planets, constellations, and nebulae.

Once we reach the outskirts of the town, the night walk continues through the woods and into the meadows, where the vision of the starry sky in the clear nights leaves you breathless, allowing you to spot even the Milky Way.

At the end of the excursion, pleasant aromatic grappa tasting.



FOCUS ON

WHERE Info Point

TIME 09:00 PM

DURATION 3 hours

LENGHT 4-5 Km

ELEVATION GAIN 50-150 m

RECOMMENDED PERIOD From June to September

TARGET Adults

MINIMUM PARTICIPANT NUM. 5 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots, mat, and flashlight

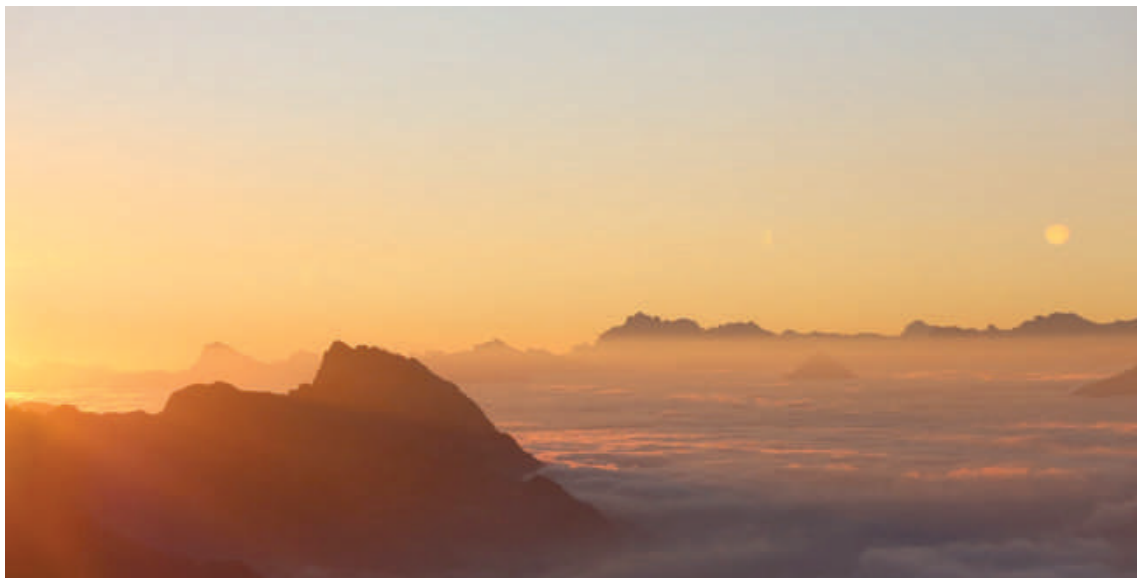
INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





SUNRISE HIKE — IN THE DOLOMITES

Do you want to see the color of the Dolomites at dawn?

The Alpine Pearl of Forni di Sopra allows you to enjoy a spectacular sunrise over the Friulian Dolomites.

The northeast walls above Forni di Sopra are the first to be illuminated by the morning sun. Those first sun rays are an extraordinary gift of nature.

The phenomenon is called Enrosadira, and it happens only at dawn and at sunset: the rock of the Dolomites turns a spectacular color between pink and orange, with different shades depending on the weather.

FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 04:00 AM

DURATION 4 hours

LENGHT 8 Km

ELEVATION GAIN 400 m

RECOMMENDED PERIOD July

TARGET Adults

MINIMUM PARTICIPANT NUM. 8 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots and flashlight

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



HEALTH & WELLNESS

— FORNI DI SOPRA SPA

At the end of a day of sports activities, there is nothing better than a moment of relaxation at the Wellness Center of Forni di Sopra, a place completely dedicated to the *remise en forme*.

You will have at your disposal the Finnish sauna, the infrared sauna, the emotional shower, the steam bath, the massage room, the sun beds, and the Kneipp path. In the swimming area there is an indoor pool with a fun slide for children and a pool with shallow and warmer water for



the little ones equipped with floating games, armrests and... a naughty snake that splashes water!

For those who want to pamper themselves with beauty treatments there is a Beauty Farm where you can book manicures, pedicures, nail polish, facials, hair removal, and massages.

Last but not least, a Fitness Room with machines, weights, floor area and a multisport indoor gym.



FOCUS ON

—

WHERE Forni di Sopra Sports Center

TIME From 4:00 PM to 7:30 PM

RECOMMENDED PERIOD From June 15th to September 15th

TARGET Families (swimming pool only), adults (spa and swimming pool)

MINIMUM PARTICIPANT NUM. 1 people

MAXIMUM PARTICIPANT NUM. 5 people

RECOMMENDED CLOTHING Bathing suit and bathrobe

SPECIAL TREATMENTS On request at the Beauty Farm

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org







CH. 6

—

TRADITION, ART, AND CULTURE

There are not only mountains in the Eastern Friulian Dolomites, UNESCO World Heritage Site.

Along with valleys and slopes, art, culture, architecture, and alpine traditions have great value and recognition. Great artists have sculpted, painted, embellished our countries and our homes. History in the Dolomites also tells of World War I: many soldiers fell to protect the homeland, of which, today, you can admire numerous testimonies thanks to different alpine routes.

EXCURSION — THE MYSTERY OF SACUIDIC CASTLE



Easy historical hike from the castle of Sacuidic to the furnace of Davâras, together with a guide.

The visit to the castle is an adventurous and exciting experience for both adults and children. You learn about the historical tales of the deeds and secrets of its founders—the ideal destination to spend a summer day full of culture and fun.

After the tour, aperitif with views of the Dolomites and local products tasting.



FOCUS ON —

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3-4 hours

LENGHT 4-8 Km

ELEVATION GAIN 200 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





GUIDED TOUR

—

MURALS AND ANCIENT CHURCHES

Guided tour to discover the city murals. Over fifty works by the master Marino Spadavecchia are visible walking the streets of Forni di Sopra. Creations of a “storyteller painter” who used his brush and the white walls of the houses as canvases. And then, the parish and votive churches of Forni di Sopra and the other villages, rich in works of art and valuable frescoes, for

a journey between art history and faith. After the tour, craft beer tasting at the brewery.

FOCUS ON

—

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3-4 hours

LENGHT 4-8 Km

ELEVATION GAIN 200 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



STORYTELLING — TRADITIONS, LEGENDS, AND ANCIENT CRAFTS



With a qualified guide, easy excursion to learn about the valley's beauty, its houses, churches, and historical architecture, stories, traditions, and legends of the place.

A fun morning in the Friulian Dolomites Park, discovering curious anecdotes and much more. Enrich your holiday with a beautiful memory to hand down to future generations.



FOCUS ON —

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 3-4 hours

LENGHT 4-8 Km

ELEVATION GAIN 200 m

RECOMMENDED PERIOD From June to September

TARGET Adults and children ages 5-6

MINIMUM PARTICIPANT NUM. 4 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





CLIMBING

—

GREAT WAR SITES

For mountain climbing enthusiasts and experts, we propose itineraries to discover places that have hosted significant conflicts that occurred during World War I.

In our mountains, the Italian and the Austro-Hungarian armies fought a bloody war. The harsh winter temperatures, the risk of avalanches, and the weather conditions strain the soldiers' resistance.

Together with the mountain guide, you will discover places rich in history and memories.

EXCURSION

—

Monte Miaron (2132 m)

FOCUS ON

—

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 4 hours

ELEVATION GAIN 800 m

RECOMMENDED PERIOD From June to September

TARGET Adults and teens age 14 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 6 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org



HISTORY AND TRADITION

— FORNI DI SOPRA MUSEUMS



A lovely morning together with the historical guide discovering the Museums of Forni di Sopra. The Ethnographic Museum is a collection of memorabilia, an exhibition of objects, utensils, textiles, and antique furnishings. There is Fornese Museum, located at the Casina dei Vici (Vico's dairy), a vital place of the Fornese memory, which hands down its history and represents the hardness of the life of a mountain community.

After the tour, aperitif with a view on the Dolomites with a tasting of typical products.



FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 09:00 AM

DURATION 4 hours

RECOMMENDED DAYS All the year

TARGET Adults and children ages 5-6 and older

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 25 people

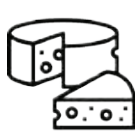
RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 3408161000

booking-rete@fornidisopra.org





WORKSHOP

“BLECS E TACONS” EMBROIDERY FACTORY

You like to sew, but you haven't tried it yet?

Forni di Sopra embroidery shop awaits you: come and learn how to mend and give a longer life to your clothes.

You will need some worn-out garments and the will to sew; we take care of the rest!

FOCUS ON

WHERE Embroidery Factory

TIME 08:30 PM

DURATION 2 hours

RECOMMENDED PERIOD From June to September

TARGET Adults

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 2 people

RECOMMENDED CLOTHING Sportswear

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org



SUSTAINABLE VACATION

LE TRE CIME DI LAVAREDO AND CORTINA D'AMPEZZO



Only one hour away from Forni di Sopra, the three peaks and Cortina d'Ampezzo are two of the most popular tourist destinations. A day out in nature! You don't even need to move your car to admire these unique beauties. For better and sustainable tourism.

Friuli has a soft spot for le Tre Cime di Lavaredo, and they will be reachable directly from Forni di Sopra thanks to the implementation of public transports.



FOCUS ON

WHERE Infopoint PromoTurismoFVG

TIME 06:15 AM

DURATION 6-8 ore

RECOMMENDED PERIOD From June to September

TARGET Adults and children dai 5-6 anni

MINIMUM PARTICIPANT NUM. 2 people

MAXIMUM PARTICIPANT NUM. 25 people

RECOMMENDED CLOTHING Outdoor clothing, with hiking boots

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI

+39 340 81 61 000

booking-rete@fornidisopra.org





Torión from Forcella
Monfalcon di Forni



OVERVIEW FROM PASSO SUOLA.
FROM THE RIGHT, CIASTIEL AND TORRE COMICI

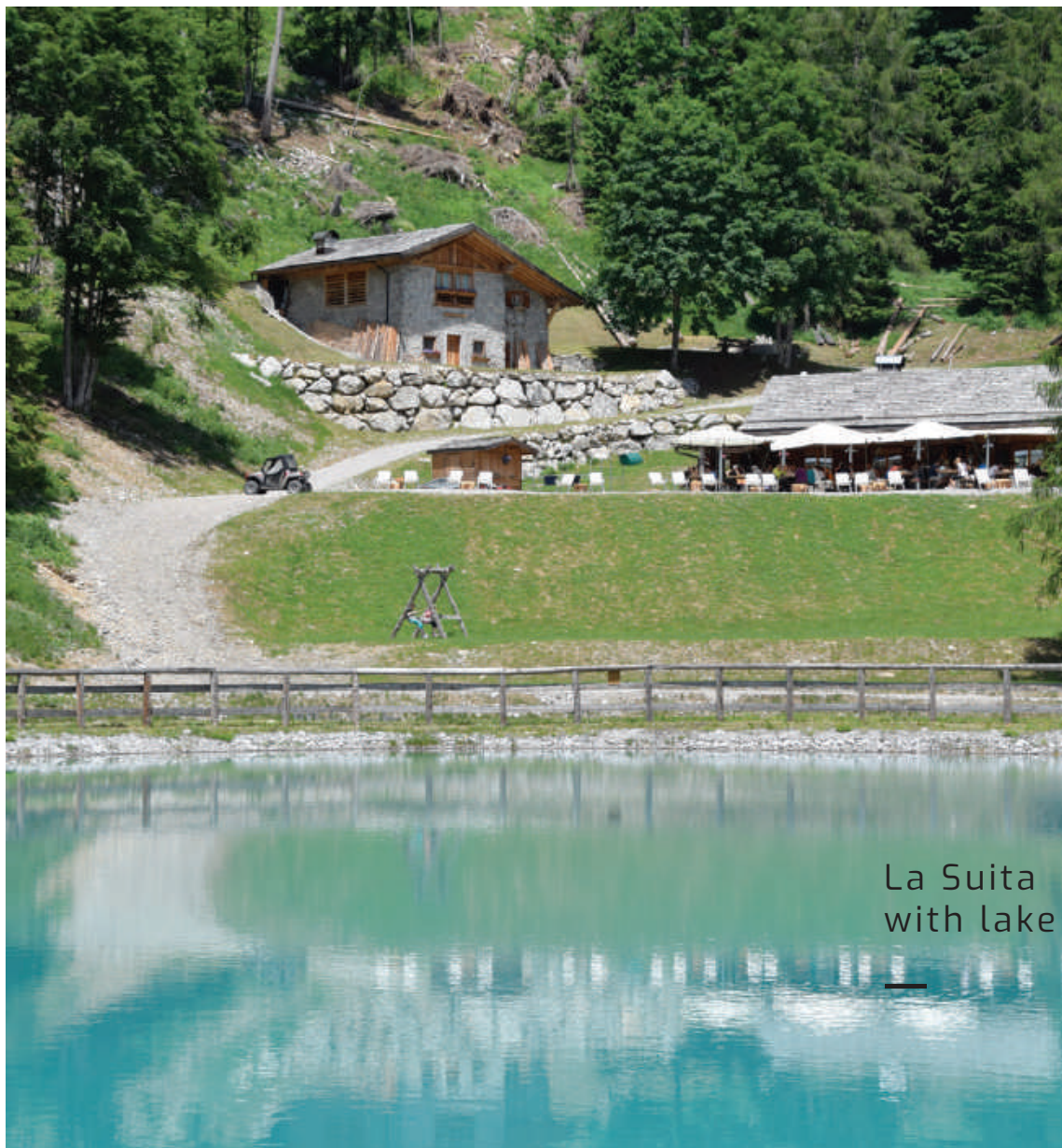


PERSPECTIVES

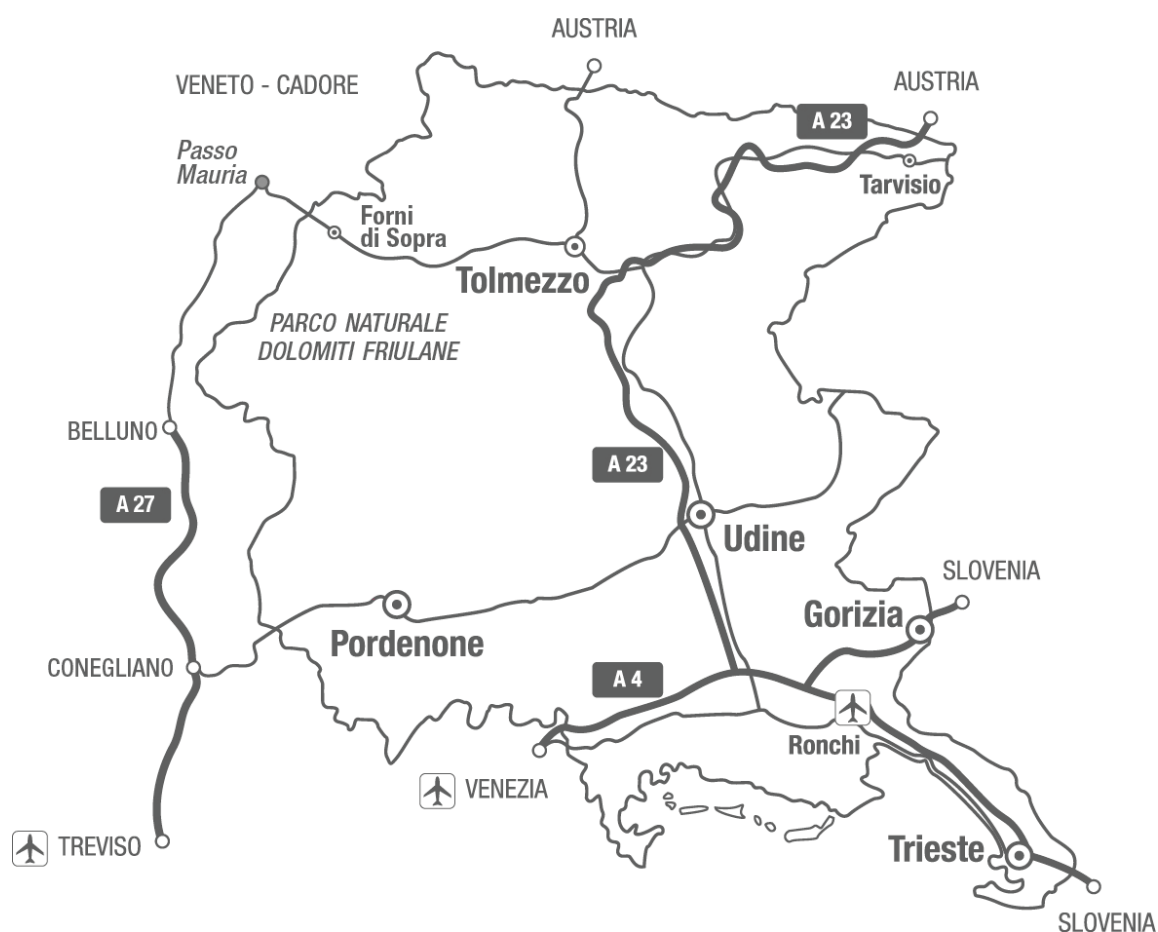
—

We are now in the mountains,
and they are in us.

John Muir



La Suita
with lake



HOW TO GET TO FORNI DI SOPRA

FROM VENETO — CADORE

BY CAR A27 Venice - Belluno motorway to the Longarone junction (50 km from Forni), from here continue towards Cortina, first towards Tai di Cadore, then towards Auronzo di Cadore up to the large intersection of Ponte Nuovo, then, following the indications for Forni di Sopra and Passo Mauria, you will quickly reach Forni di Sopra.

BY TRAIN Ferrovie dello Stato, last station Calalzo di Cadore (35 km from Forni) from here, public transport service by bus (Dolomiti Bus and TPL FVG).

FROM FRIULI VENEZIA GIULIA — CARNIA

BY CAR A23 motorway, Carnia exit up to Tolmezzo, then continue towards Villa Santina and staying on the main road (SS52) up to Forni di Sopra. Forni is about 50 km from the Carnia motorway junction.

BY TRAIN Ferrovie dello Stato, last station Carnia (55 km from Forni). From here there is a public transport service with non-direct scheduled buses (TPL FVG).



Forcella
Cridola



REFERENCES

PROMOTER

**RETE DI IMPRESE
FORNI DI SOPRA
DOLOMITI IN TUTTI I SENSI**
Via Nazionale 162
33024 Forni di Sopra (UD)
Italy

www.fornidisopra.it

INFO & BOOKING

DOLOMITI IN TUTTI I SENSI
Booking manager
+39 340 81 61 000
booking-rete@fornidisopra.org



@fornidisopraufficiale



It is not the mountain
we conquer but ourselves.
Edmund Hillary

