



56° EFNS

European Forester's competition in Nordic Skiing



CARNEA ARENA



CENTRO
FEDERALE



CENTRO
FEDERALE

FORNI AVOLTRI ITALY

IO SONO
FRIULI
VENEZIA
GIULIA



REGIONE AUTONOMA
FRIULI VENEZIA GIULIA



18-24 JANUARY 2026



COMUNE DI
FORNI AVOLTRI



Associazione
Sportiva e Culturale
dei Corpi Forestali
del Friuli-Venezia Giulia



WELCOME GREETING

Dear Forestry colleagues and participants of the 56th edition of the European Forestry Nordic Ski Championships, after taking part in several past editions, we have decided to challenge ourselves and organize, for the first time, an edition in Friuli Venezia Giulia.

The chosen location is the **Carnia Arena International Biathlon Centre in Piani di Lizza - Forni Avoltri**, a venue with proven experience in hosting sporting events such as the Junior World Championships, the Universiade, the European Cup, the Italian Cup, the EYOF Olympic Games, and many others.

The week we will spend together, staying at the **"Bella Italia" Olympic Village**, located about 1800 meters from the Biathlon Centre, will include a variety of technical, sports, and tourist excursions that will allow us to discover the unique features of our Region, as well as the tasting of our culinary specialties. All of this will engage us and help to rediscover and strengthen that spirit of friendship that has always united the forestry world.

A special thank you to all our **partners and volunteers** who made the organization of this event possible. It is a great honor and a real pleasure for me to welcome you to **Friuli Venezia Giulia** and to host you for a week during this **European Forestry Nordic Ski Championship**.

Claudio de Crignis "Caco"

President of the Organizing Committee
and of the Forestry Association FVG



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ORGANIZING COMMITTEE EFNS 2026
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Mob. +39 335 107 9098 / E-mail: efns2026@gmail.com

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mail: mrclnux@gmail.com





PROGRAM 56° EFNS FORNI AVOLTRI 18-24 JANUARY 2026

SUNDAY 18 JANUARY - Individual arrivals

- Race office open from **2:00 PM** to **10:00 PM** at the Bella Italia Village for distribution of race packages to team leaders.

MONDAY 19 JANUARY - Excursions

- Race office open from **7:00 AM** to **9:00 AM** and from **5:00 PM** to **7:00 PM** at the Bella Italia Village in Forni Avoltri for race package collection.
- **8:00 AM** Departure for excursions from the square in front of Bella Italia Village; return expected at **5:00 PM**.
- **8:00 PM** Opening Ceremony in the town centre of Forni Avoltri.

TUESDAY 20 JANUARY - Training and individual free technique race

- Race office open from **8:00 AM** to **4:00 PM** (end of race) at Carnia Arena Biathlon Centre.
- **8:30 AM-11:00 AM** Training and shooting practice at Carnia Arena Biathlon Centre.
- **11:00 AM** Team leaders' meeting at Carnia Arena Biathlon Centre.
- **12:00 AM** Start of individual race - free technique.
- **7:30 PM** Traditional Carnic Dinner at Bella Italia Village.

WEDNESDAY 21 JANUARY - Individual classic technique race

- Race office open from **8:00 AM** to **1:00 PM** (end of race) at Carnia Arena Biathlon Centre.
- **9:00 AM** Start of individual race - classic technique.
- **3:00 PM** EFNS Committee Meeting at Bella Italia Village.
- **8:00 PM** Awards Ceremony for individual races at Bella Italia Village.
- Race office open from **5:00 PM** to **8:00 PM** at Bella Italia Village (for relay registrations).

THURSDAY 22 JANUARY - Excursions and conference

- Race office open from **7:00 AM** to **9:00 AM** (deadline for relay registration) at Bella Italia Village.
- **8:00 AM** Departure for excursions from the square in front of Bella Italia Village; return expected at **5:00 PM**.
- **8:00 PM** Forestry Conference at Bella Italia Village.

FRIDAY 23 JANUARY - Relays

- Race office open from **8:00 AM** (for bib and chip pickup) to **1:00 PM** (end of race) at Carnia Arena Biathlon Centre.
- **09:30 AM** Start of youth relay (W/M 10 + W/M 13).
- **10:00 AM** Start of men's relay.
- **10:05 AM** Start of women's relay.
- **1:00 PM** Nations' Party - Carnia Arena Biathlon Centre.
- **8:00 PM** Relay Awards Ceremony, flag handover, Closing Ceremony, dinner with music and dancing at Bella Italia Village.

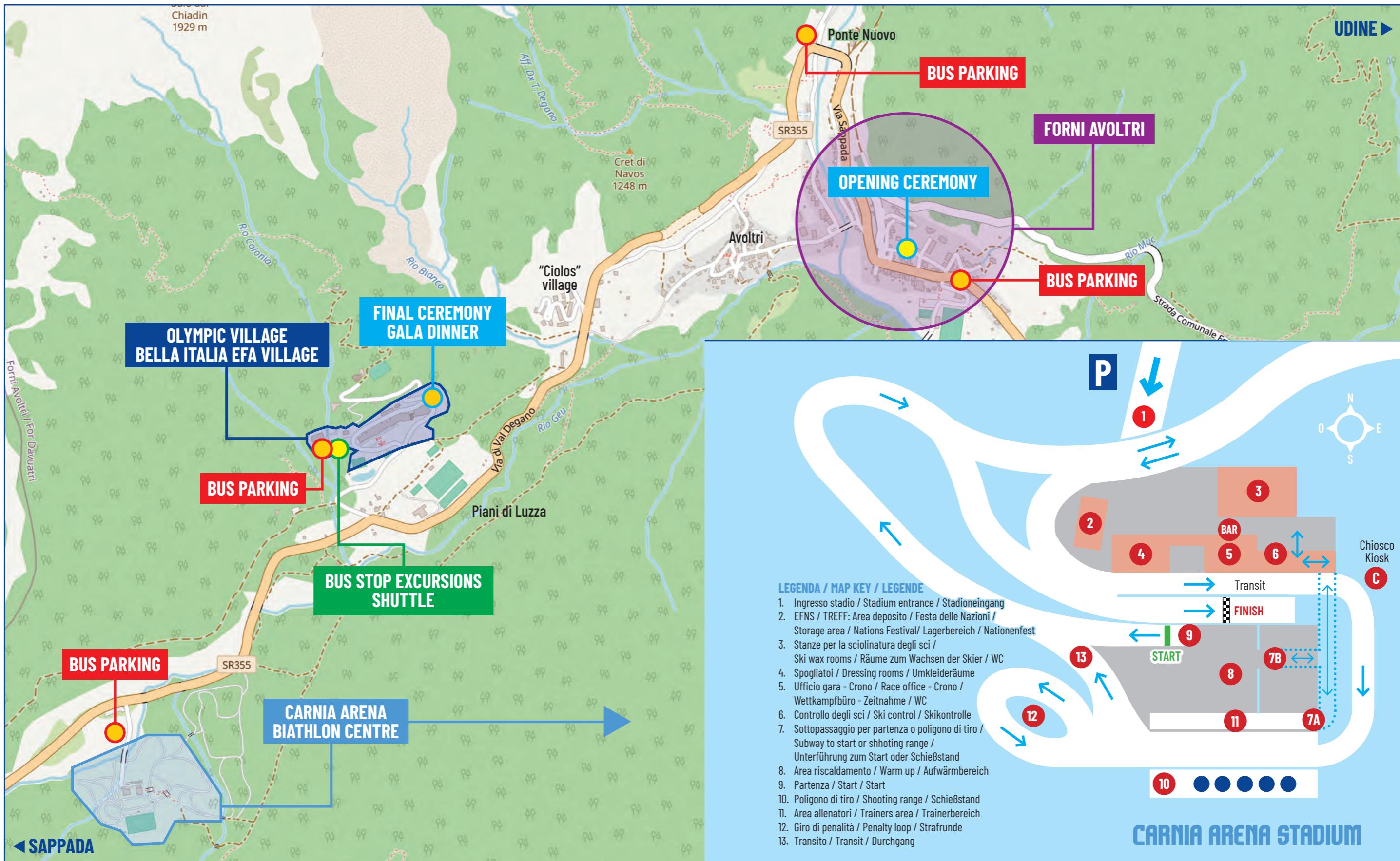
SATURDAY 24 JANUARY - Individual departures

- Race office open from **8:00 AM** to **10:00 AM** at the Bella Italia Village for information and lost & found.

MAP OF FORNI AVOLTRI AND OLYMPIC VILLAGE



MAP OF FORNI AVOLTRI AND OLYMPIC VILLAGE



COMPETITIONS

COMPETITION RULES

The races will take place according to the EFNS competition rules available on the official website: efns.de

Eligible participants include:

- Owners and employees of forestry companies or sawmills/carpentry workshops;
- Students of forestry sciences or forestry schools;
- Forest landowners;
- Forestry professionals;
- Forestry workers;
- People who can demonstrate having completed forestry-related training;
- Family members of the above categories and retirees.

CATEGORIES

Categories are divided according to **gender** and **age**.

CATEGORY	CODE	YEAR OF BIRTH
Children	D10 / H10	2014 AND LATER
Schoolchildren	D13 / H13	2011 - 2013
Juniors	D16 / H16	2008 - 2010
Women / Men	D19 / H19	1996 - 2007
Women / Men	D31 / H31	1986 - 1995
Women / Men	D41 / H41	1976 - 1985
Women / Men	D51 / H51	1966 - 1975
Women / Men	D61 / H61	1956 - 1965
Women / Men	D71 / H71	1946 - 1955
Women / Men	D81 / H81	1945 AND EARLIER
Athletes with Disabilities	D / H	ALL

INDIVIDUAL RACES

Individual races will be held in both **classic technique (CT)** and **free technique (FT)**

on the scheduled dates and over the following distances:

CATEGORY	DISTANCE	LAPS
Children - D10 / H10	1 km	2x0,5 km
Schoolchildren - D13 / H13	2 km	2x1 km
Juniors - D16 / H16	6 km	2x3 km
Women / Men - D81 / H81	6 km	2x3 km
Athletes with disabilities D / H	6 km	2x3 km
Women D19 / D31 / D41 / D51 / D61 / D71	6 km	2x3 km
Men H19 / H31 / H41 / H51 / H61 / H71	8 km	2x4 km



COMPETITIONS

SHOOTING RANGE

Shots will be fired after the first lap: 5 shots at a distance of 10 meters with a laser rifle, standing position with a support stick. For each missed shot, a penalty lap of 150 meters must be completed. Exclusively for categories D10, H10, D13, H13, there will be no penalty laps but a time penalty of 10 seconds for each missed shot. These categories shoot in the prone position.

PENALTY TIMES

For each shot not fired and each penalty lap not completed, 2 minutes will be added to the final time.

DISQUALIFICATION

Disqualification will be applied to anyone who uses freestyle technique during the classic technique race; who does not follow the assigned course; who does not comply with safety rules at the shooting range; who starts without a transponder; or who performs a pre-start; unsportsmanlike conduct. These rules also apply to the relay.

EVALUATION AND PRIZES

If there are fewer than 3 registered participants in a category, it will not be considered and the participants will automatically be assigned to the next higher category. The top three in each category will be awarded a diploma, medal, and material prize; participants placing fourth to sixth will receive a material prize and a diploma.

RELAYS

All relays will take place without shooting at the shooting range.

CATEGORY	DISTANCE	LAPS	DETAILS
Females / Males 10	3x1 km	2x0.5 km	1 CT + 2 FT
Females / Males 13	3x2 km	2x1 km	1 CT + 2 FT
Woman under 50	3x6 km	2x3 km	1 CT + 2 FT
Woman over 51	3x6 km	2x3 km	1 CT + 2 FT
Men under 50	4x8 km	2x4 km	2 CT + 2 FT
Men over 51	4x8 km	2x4 km	2 CT + 2 FT

IMPORTANT NOTE - FLUORINE

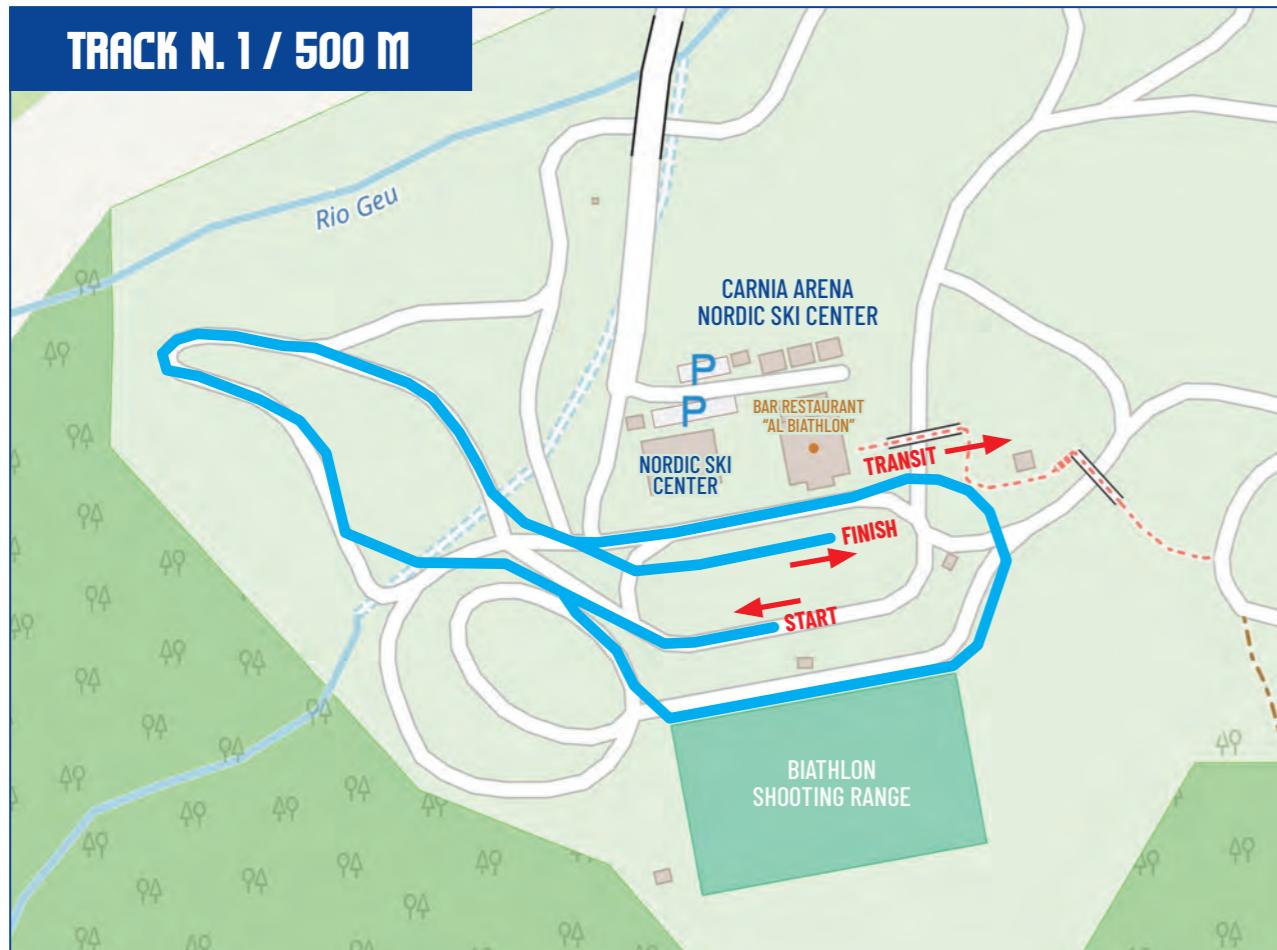
The use of fluorine is prohibited during competitions and training sessions. Inspections will be carried out: if fluorine is detected, the team will be charged for the cost of sanitizing the waxing rooms/boxes and the entire team will be disqualified. We ask for your full cooperation in complying with the regulations.

JURY

Technical delegate EFNS Schwingsackl Heinrich
Race director (A.S.D. Monte Coglians)
Shooting range director (A.S.D. Monte Coglians)
Team representative _____
Team representative _____

The race results will be subject to the jury's judgment.

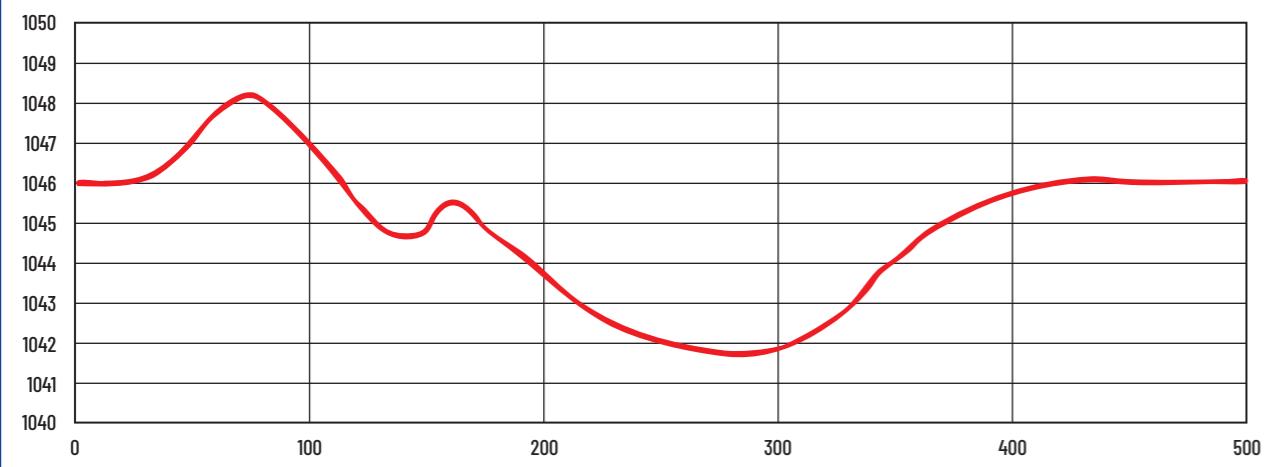
RACE TRACKS



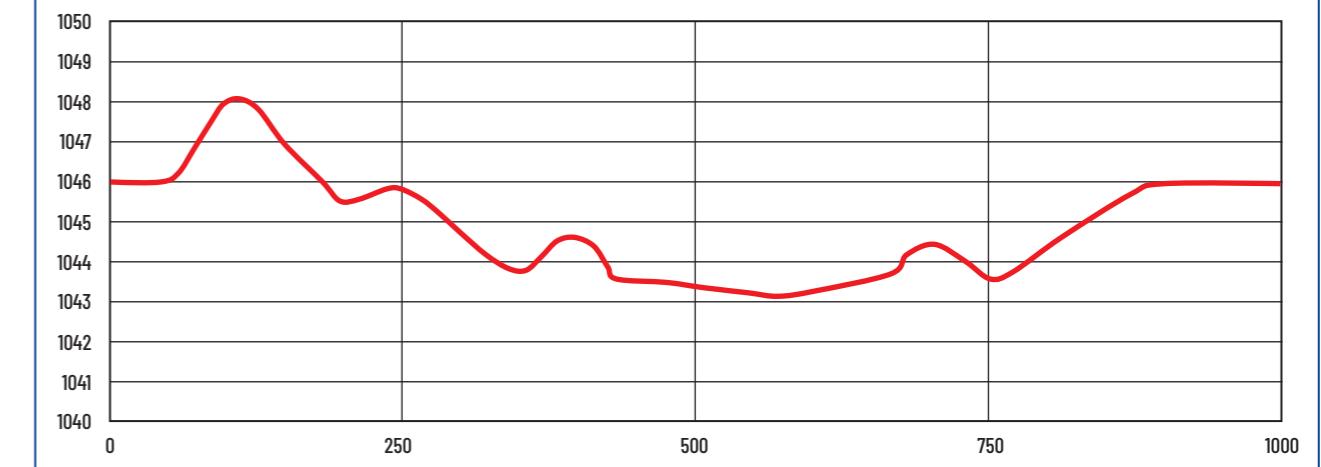
RACE TRACKS



ALTITUDE PROFILE



ALTITUDE PROFILE



DETAILS

Maximum altitude: 1048 m / Minimum altitude: 1042 m / Total ascent: 7 m

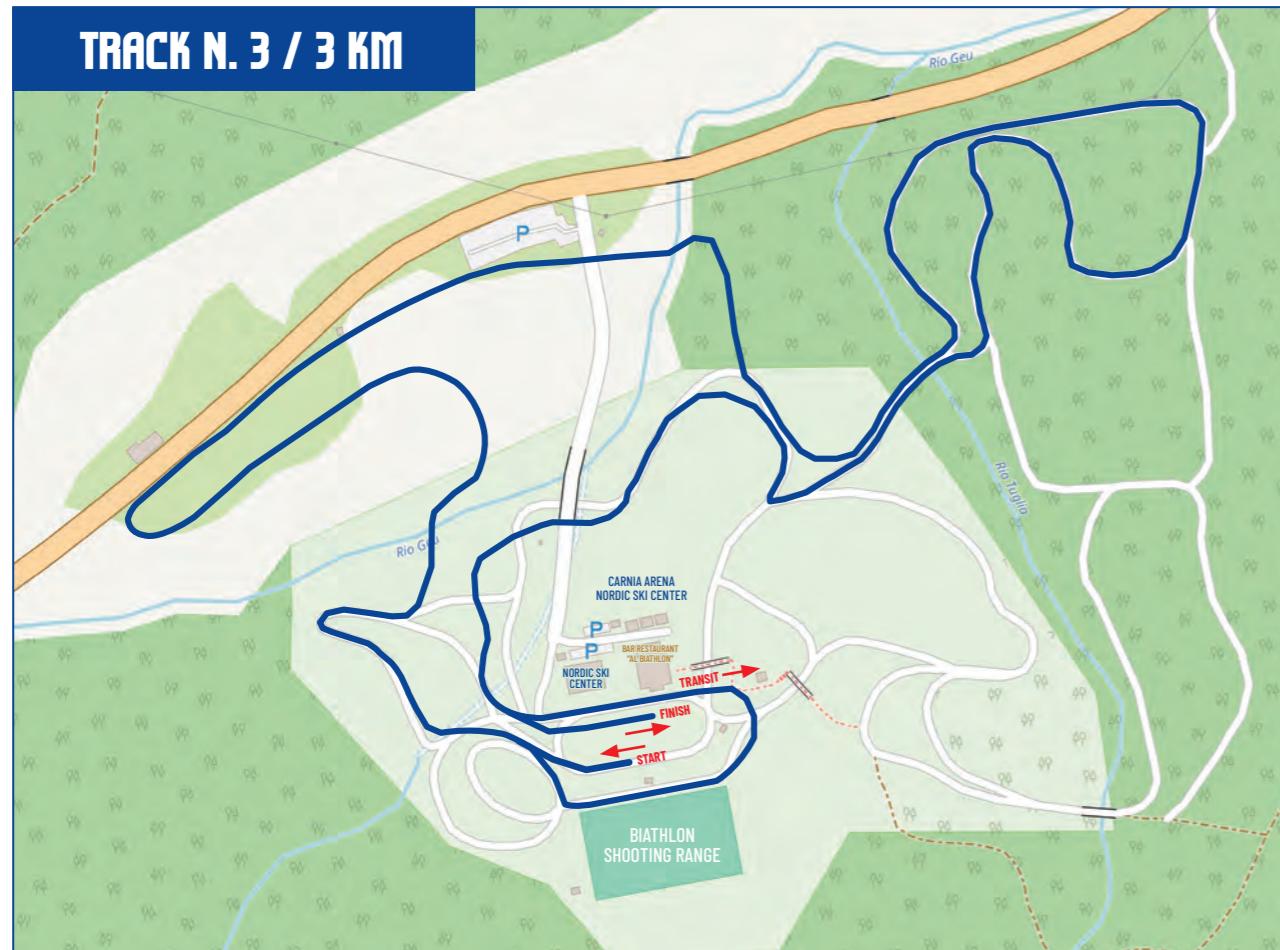
Categories: Individual » D10, H10 (2x0.5 km)
Relays » DH10 3 (2x0.5 km)

DETAILS

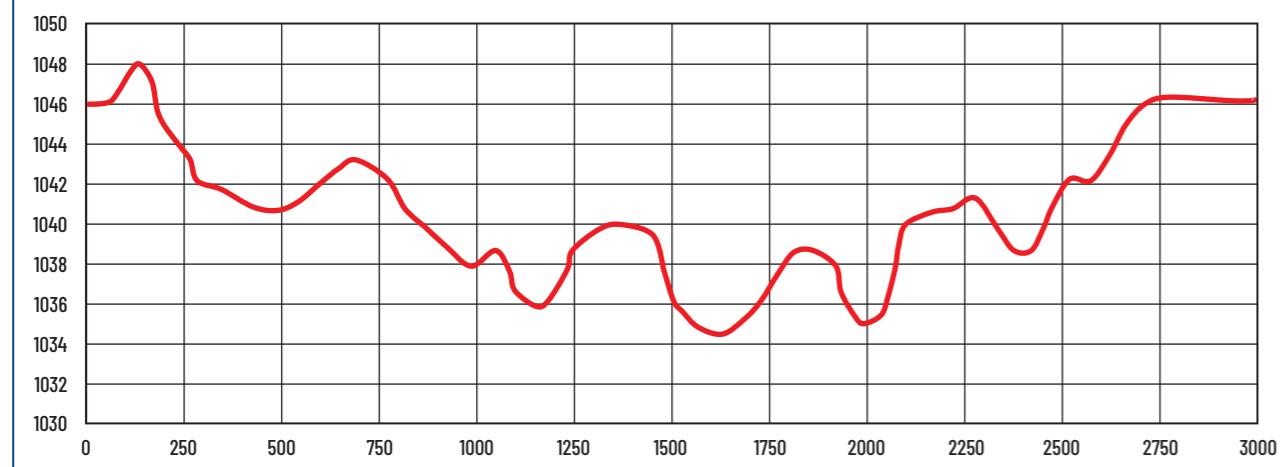
Maximum altitude: 1048 m / Minimum altitude: 1042 m / Total ascent: 10 m

Categories: Individual » D13, H13 (2x1.0 km)
Relays » DH13 3 (2x1.0 km)

RACE TRACKS



ALTITUDE PROFILE



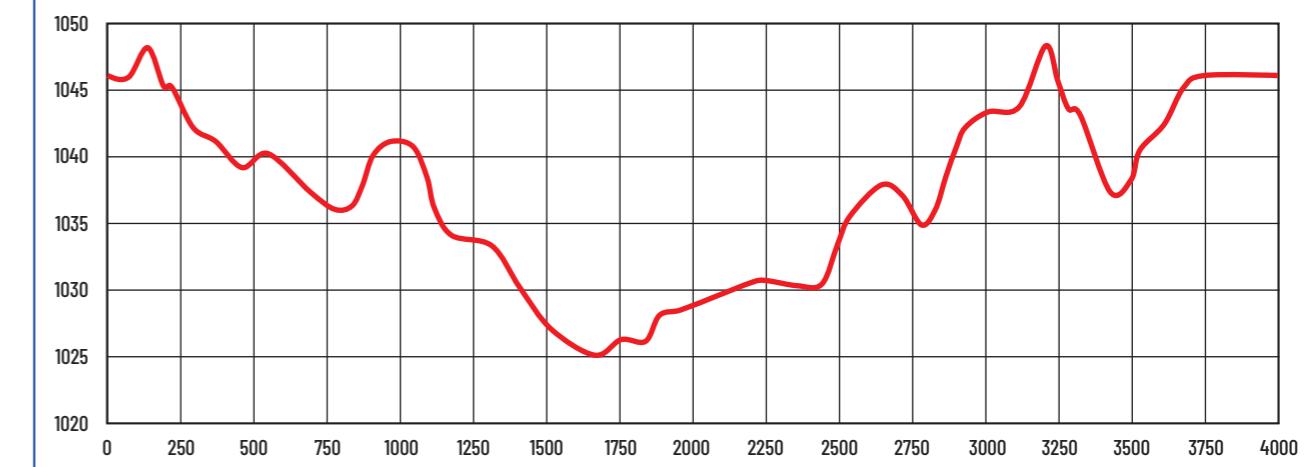
DETAILS

Maximum altitude: 1048 m / Minimum altitude: 1034 m / Total ascent: 34 m
 Categories: Individual » D16, D19, D31, D41, D51, D61, D71, D81, H/D handicap (2x3.0 km), H16, H81
 Relays » D under 50 3 (2x3.0 km), D over 51 3 (2x3.0 km)

RACE TRACKS



ALTITUDE PROFILE



DETAILS

Maximum altitude: 1048 m / Minimum altitude: 1024 m / Total ascent: 45 m
 Categories: Individual » H19, H31, H41, H51, H61, H71 (2x4.0 km)
 Relays » H under 50 4 (2x4.0 km), H over 51 4 (2x4.0 km)



AMATEUR CULTURAL AND SPORTS ASSOCIATION OF THE FORESTRY CORPS IN FRIULI VENEZIA GIULIA

The Association was founded on November 16, 1990, with the aim of promoting sports and recreational activities related to forestry, forest fires, and Civil Protection, fostering the exchange of professional, technical, and human knowledge.

It organizes cultural and sporting events in Friuli Venezia Giulia and takes part in regional, national, and international events, including football tournaments and the winter editions of Alpe Adria. It is also involved in the Kombifor project in Trentino and has regularly participated in the EFNS since 2002.

In 1999, the choir "Le Voci della Foresta" was founded, directed by Dario Scignaro, and today it has 18 members. The choir performs during the celebration of the patron saint San Gualberto and has participated in numerous festivals in Italy and abroad, including Belgium, Poland, and Alpine festivals, as well as an appearance on the TV show "Linea Verde".

In 2015, the Canine Unit was officially established and registered in the regional registry for search and rubble rescue dogs. It is active in training exercises and real emergency operations.

For over 30 years, the Association has organized annual meetings with Slovenian colleagues, strengthening friendships and the exchange of professional experience.

Claudio De Cignis "Caco"
President of the FVG Forestry Association



REGISTRATION

COMPETITIONS

Registration for competitions is only possible through the official EFNS website:
<https://www.efns.eu/de/registration>

REGISTRATION PERIOD: FROM 13.10.2025 TO 01.12.2025

Late registrations **will only be accepted for competitions** until 31.12.2025 (with an additional fee of € 30).

- **The registration fee includes:** EFNS fee, race package, opening ceremony, access to race tracks (Monday to Friday), and shuttle bus service to the biathlon center.
- **Fees:**
 - › 1 race + relay: € 75.00
 - › 2 races + relay: € 85.00
 - › Relay only: € 50.00
 - › Companion: € 50.00
- **The fee does not include** the final dinner or excursions, which must be booked separately.
- **The first 70 participants born in 2001 or later** will not pay the competition fee. The international and local committees will each cover half the cost (€ 3000 + € 3000). Once the budget is exhausted, the standard fee applies.

GALA DINNER - CLOSING CEREMONY

Friday, January 23 at 8:00 PM, held at the Bella Italia Village Sports Hall

Cost per person: € 55.00 (includes water and one glass of wine)

Cost for children up to 12 years old: € 25.00

Extra drinks available on site.

PAYMENT

All fees for competitions, dinner, and excursions must be paid by **January 5, 2026**.

In case of withdrawal, the amount will not be refunded, but may be transferred to another participant.

Bank details:

Beneficiary: A.S.D. MONTE COGLIANS - EFNS2026

IBAN: IT46Z 06230 63760 000015009084

BIC CODE: CRPPIT2PXXX

Bank: Crédit Agricole Italia Spa - Via Roma, 21/B - 33023 Comeglians (UD)

STAY AT THE OLYMPIC VILLAGE

FORNI AVOLTRI

FRIULI VENEZIA GIULIA

18-24 JANUARY 2026

Welcome to the
EFNS 2026
Olympic Village –
Bella Italia
& EFA Village
in Piani di Luzzo



On the occasion of **EFNS2026**, all athletes and participants will have the exclusive opportunity to stay at the charming **Bella Italia & EFA Village in Piani di Luzzo**, nestled in the Dolomites of Friuli Venezia Giulia. A true Olympic Village, it will be the beating heart of the EFNS2026 experience throughout the entire event.

- Over 1,000 beds
- Six cozy residences
- Indoor swimming pool
- Sauna and Turkish bath
- A wide range of recreational activities



ALL IN ONE PLACE: SPORTS, RELAXATION, AND OFFICIAL MOMENTS

The **Sports Hall** will be the stage for the **official closing ceremonies**, the award ceremonies, and the prestigious **Gala Dinner**. Within the village, a dedicated hall will host the important **International Forestry Conference**.



Located just 1800 meters from the **Carnia Arena** and 6 km from Sappada, at the crossroads of Veneto, Friuli, and Austria, the Olympic Village is the **starting and ending point for all organized excursions** during your stay for EFNS2026. A unique experience for athletes, families, and mountain enthusiasts.

STAY AT THE OLYMPIC VILLAGE

Period: from 18/01/2026 to 24/01/2026

RATES PER PERSON PER DAY

SHARED ROOM (3-6 people per room)	€ 60,00
DOUBLE ROOM (1-2 people per room) **	€ 86,00
SINGLE ROOM (1 person per room) **	€ 104,00

Rooms equipped with private bathroom with shower, toilet, and hair-dryer; TV, bed linen, and towels included.

Daily room cleaning and half-board self-service dining.

** available in limited quantity



MEALS

Half-board with self-service: choice of first course, choice of second course with side dish, fresh salad buffet, dessert, and water served in a carafe included with meals.

MEALS INCLUDED IN THE FEE

DATE	DAY	SERVICE	BREAKFAST	LUNCH	DINNER
18/01	Sunday	Half-board			7:00 PM-8:30 PM
19/01	Monday	Half-board	6:30 AM-8:00 AM		6:00 PM-7:00 PM
20/01	Tuesday	Half-board	6:30 AM-8:00 AM		7:00 PM-8:30 PM
21/01	Wednesday	Full board	6:30 AM-8:00 AM	12:00 AM-1:00 PM	7:00 PM-8:30 PM
22/01	Thursday	Half-board	6:30 AM-8:00 AM		7:00 PM-8:30 PM
23/01	Friday	Bed and breakfast	6:30 AM-8:00 AM		
24/01	Saturday		7:00 AM-8:00 AM		

TYPICAL CARNIC DINNER AT THE OLYMPIC VILLAGE

We are pleased to invite you to a **typical Carnic dinner**, which will be held on **Tuesday, January 20, 2026**, at the **Olympic Village**. This event, included in the half-board package, is **offered to all guests staying at the Olympic Village** as an opportunity to discover and enjoy the authentic flavors of Carnia's traditional cuisine.

**WE LOOK FORWARD TO SHARING AN EVENING TOGETHER
ILLED WITH CONVIVIALITY AND LOCAL SPECIALTIES!**



STAY AT THE OLYMPIC VILLAGE



INCLUDED SERVICES

- Accommodation in a room with private facilities
- Half-board (self-service, meals as described above)
- Water included with meals
- Provision of medium and large towels
- Daily room cleaning with bed-making and sanitization
- Large free outdoor parking, unattended, also suitable for buses
- Free access to the village's swimming pool, sauna, and Turkish bath (swim cap required)

EXTRA SERVICES

- **Gala Dinner on Friday, 23/01/2026**, held inside the **Olympic Village** with reservation via the EFNS2026 portal
- **Tourist tax** € 0.50 per person per day, excluding children up to 12 years of age (to be paid on site)

INFORMATION: Federica Fasano - mobile +39 340 8161000

Those who have not booked at Villaggio Bella Italia can find accommodation in the following hotels in Forni Avoltri and Sappada.

HOTELS IN FORNI AVOLTRI

Hotel Al Sole

Via Belluno, 14 – Località Avoltri
Phone +39 (0)433-72012
forniavoltrialsole@libero.it
www.alsoleromanin.it

Hotel Scarpone

CORSO ITALIA, 16
Phone +39 (0)433-72021 / 727463
info@hotelscarpone.com
www.hotelscarpone.com

Hotel Miravalle

Località Casolare Ciolos, 6
Phone +39 (0)433-727468
miravalle.forniavoltri@gmail.com

Hotel Piani di Luzzza

Loc. Piani di Luzzza, 4 (m. 1060)
Phone +39 (0)433-72016
pianidiluzza@gmail.com
www.pianidiluzza.it

Hotel Sottocorona

Via 31 luglio, 9
Phone +39 (0)433-72023
hotelsottocorona@libero.it
www.hotelsottocorona.com

Hotel Da Gina

Via di Sotto, 18 - Fraz. Sigilletto
Phone +39 (0)433-72018
albergobardagina@yahoo.it
www.albergo-bargina.com

Hotel Volaia

Via Corona, 4 - Fraz. Collina
Phone +39 (0)433-72013
info@hotel-volaia.com
www.hotel-volaia.com

Hotel Coglians

Via Corona, 6 - Fraz. Collina
(m. 1250)
Mob. +39 338 8317975

HOTELS IN SAPPADA

Bach Boutique Hotel

Borgata Bach, 26
Phone +39 (0)435 581870
Mob. +39 392 9443567
info@bachboutiquehotel.com
www.bachboutiquehotel.com

Hotel Bladen

Borgata Bach, 155
Phone +39 (0)435 469233
info@hotelbladen.it
www.hotelbladen.it

Hotel Haus Michaela

Borgata Fontana, 40
Phone +39 (0)435 469377
Mob. +39 348 9047829
info@hotelmichaela.com
www.hotelmichaela.com

Hotel Cavallino

Borgata Bach, 31
Phone +39 (0)435 469113
info@albergocavallino.it
www.albergocavallino.it

Hotel Corona Ferrea

Borgata Kratten, 11 /12
Phone +39 (0)435 469103
Mob. +39 338 3574338
info@corona-ferrea.it
www.corona-ferrea.it

Hotel Cristina

Borgata Hoffe, 19
Phone +39 (0)435 469430
Mob +39 327 0069214
info@albergocristina.it
www.albergocristina.it

Hotel Posta

Borgata Palù, 22
Phone +39 (0)435 469116
info@hotelpostasappada.it
www.hotelpostasappada.it

Hotel Sorgenti del Piave

Cima Sappada, 95
Phone +39 (0)435 469424
info@hotelsorgenti.com
www.hotelsorgenti.com

Hotel Obertaler Park

Borgata Palù, 68
Phone +39 (0)435 340691
info@oberthalerhotel.it
www.oberthalerhotel.it

Hotel Siera Hof

Borgata Soravia, 68
Phone +39 (0)435 469110
info@sierahof.com
www.sierahof.com

Hotel Sport

Borgata Fontana, 42
Phone +39 (0)435 469181
info@hotelsportsappada.it
www.hotelsportsappada.it

Hotel Valgioconda

Borgata Fontana, 45
Phone +39 (0)435 469121
info@valgioconda.it
www.valgioconda.it

Hotel Fontana

Borgata Soravia, 51
Phone +39 (0)435 469174
Mob +39 392 6361283
www.hotelfontanasappada.it
info@hotelfontanasappada.it

Hotel Venezia

Borgata Palù, 30
Phone +39 (0)435 469165
info@albergovenezia.net
www.albergovenezia.net



ANCILLARY SERVICES



DISCLAIMER OF LIABILITY

By registering for the 56th edition of the EFNS, the participant waives any claims against the international committee "Europäische Forstliche Nordische Skiwettkämpfe" and the local organizing committee. This disclaimer applies to any damage to persons or property, regardless of the degree of fault, that may occur from the beginning of the journey to EFNS, throughout the competition week, and during the return trip.

The participant is required, in their own interest, to carry proof of valid liability and accident insurance, as well as a current medical certificate confirming their fitness to participate in the competitions.

Regardless of any legal obligation for such certification, the participant releases the international and local organizing committees from any liability for material or financial damages or third-party claims, including any legal costs for the defense against such claims.

The organizing committee guarantees that it holds valid liability and accident insurance coverage for all members, volunteers, and EFNS attendees.

SHUTTLE SERVICE

A shuttle bus service will run hourly between the Olympic Village and the Carnia Arena Biathlon Center throughout the week. If necessary, frequency and hours will be increased.

"EFNS - TREFF!"

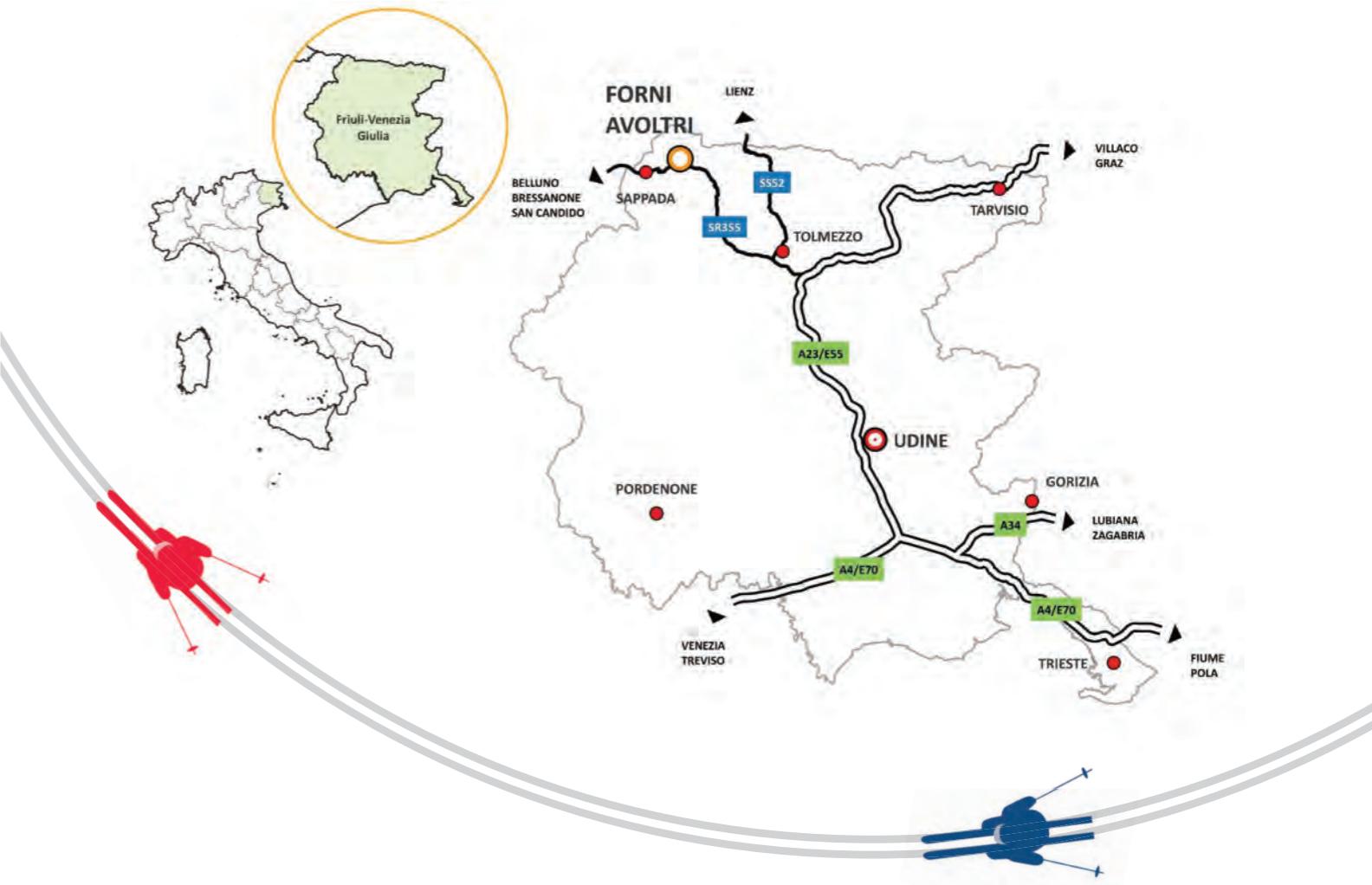
A tent set up at the Carnia Arena Biathlon Center in Piani di Lizza will serve as the main meeting point for all EFNS participants throughout the week.

On Friday, January 23 from 1:00 PM, the "EFNS 2026 NATIONS PARTY" will be hosted there.

BAR & KIOSK

The bar at the Carnia Arena and the outdoor kiosk will offer sandwiches, snacks, and drinks (for purchase).

HOW TO REACH FORNI AVOLTRI



AIRPORTS

Trieste (Ronchi dei Legionari) 135 km
Venice (Tessera) 205 km
Munich (Germany) 400 km
Innsbruck (Austria) 250 km

TRAIN

Rome - Vienna line
Carnia Station - 48 km
Udine Station - 86 km

MAIN DISTANCES

From Trieste 159 km
From Venice 210 km
From Milan 451 km

BY ROAD

From the Brenner Pass
Motorway Bolzano, exit Bressanone » Val Pusteria » Passo Comelico » Sappada » Forni Avoltri (150 km)

From Tarvisio
Motorway exit Carnia » SS52 » SS355 » Forni Avoltri (100 km)

From Venice
Motorway Venice » Udine » Tarvisio, exit Carnia » SS52 » SS355 » Forni Avoltri (230 km)

From Trieste
Motorway Trieste » Udine » Tarvisio, exit Carnia » SS52 » SS355 » Forni Avoltri (160 km)

Groups needing transport from the airport or train station to the competition venue (and back) may request it by emailing: carniaarena@gmail.com

EXCURSIONS ON 19/01 AND 22/01/2026

Maximum 1 coach with 50 seats available for each day trip

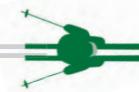
EXCURSION 1: CARNIA - ART, WOOD AND GASTRONOMY

Monday (19/01) from 09:00 AM to 5:15 PM / Departure from the Olympic Village

Bus return trip: 2 hours / Lunch included

Fee: € 60.00

A journey into the heart of Carnia through history, art, and flavors. The day begins with a guided tour of the **Clock Museum in Val Pesarina**, the cradle of time craftsmanship. Then we move to **Sutrio**. Typical lunch and afternoon dedicated to discovering this small village at the foot of Monte Zoncolan, known for its woodcraft tradition, reflected in the architecture of the historic center. You will admire the Nativity Scene of Teno and the sacred Nativity that was exhibited in St. Peter's Square in Vatican City, Rome. The tour concludes with a visit and **tasting of cheeses at the Alto But dairy**.



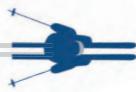
EXCURSION 2: CARNIA - ART, CULTURE AND GASTRONOMY

Thursday (22/01) from 9:00 AM to 5:15 PM / Departure from Olympic Village

Bus return trip: 2 h 15 min / Lunch included

Fee: € 60.00

A journey into the heart of Carnia through history, art, and flavors. The day starts with a guided tour of the **Clock Museum in Val Pesarina**, the cradle of time craftsmanship. Afterwards, a typical lunch in **Ovaro**, followed by a visit to the fascinating **Venetian Saw Mill in Applis**, an example of industrial archaeology. In the afternoon, a tasty stop in Tolmezzo for coffee and a **tasting of the famous tiramisu**. The itinerary concludes with a visit to the **Gortani Museum**, a treasure trove of Carnic arts and traditions.



EXCURSION 3: CORNINO PARK - GEMONA AND VENZONE

50th Anniversary of the 1976 Earthquake

Monday - Thursday (19-22/01) from 8:00 AM to 5:15 PM / Departure from Olympic Village

Bus return trip: 2 h 30 min / Lunch included

Fee: € 60.00

A journey through nature, memory, and rebirth to honor the territories affected by the 1976 earthquake. The day begins with a visit to the **Cornino Nature Reserve**, where you can admire the majesty of **griffon** vultures in free flight. Then a **guided tour of Gemona**, a symbol of reconstruction and resilience. Typical lunch at the Carnia restaurant. In the afternoon, a stop at **Venzone, one of Italy's most beautiful villages**, also an extraordinary example of post-earthquake rebirth, with a guided tour of the historic center. The itinerary concludes with a sweet **coffee break featuring a tasting of "Pasticceria d'altri Tempi"**, to end the day embracing Friulian tradition.



EXCURSIONS ON 19/01 AND 22/01/2026

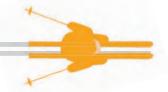
EXCURSION 4: CIVIDALE DEL FRIULI AND THE WINES OF THE EASTERN HILLS

Monday - Thursday (19-22/01) / 8:00 AM-5:15 PM / Departure from Olympic Village

Bus return trip: 3 h 45 min / Lunch included

Fee: € 70.00

A day immersed in the charm of Friuli, among art, culture, and taste. The trip begins with a guided visit to **Cividale del Friuli**, an ancient Lombard town and UNESCO World Heritage Site, rich in history and architecture. We then head to the **Rosazzo Abbey**, a peaceful and spiritual place surrounded by century-old vineyards. Lunch will be served at **Solder Agriturismo** in Corno di Rosazzo. In the afternoon, enjoy a unique food and wine experience at the **Tasting Academy**, where local wine experts will guide you through the secrets and flavors of the Eastern Hills. A perfect blend of culture, landscape, and culinary pleasure.



EXCURSION 5: ART AND FLAVORS - FROM SPILIMBERGO TO SAN DANIELE DEL FRIULI

Monday - Thursday (19-22/01) / 8:00 AM-5:10 PM / Departure from Olympic Village

Bus return trip: 2 h 50 min / Lunch included

Fee: € 50.00

A charming journey into the heart of Friuli Venezia Giulia, between history, rolling hills, and culinary excellence. In **Spilimbergo**, a fascinating medieval village, you will visit the prestigious **Friuli Mosaic School**. We then continue through countryside landscapes to **San Daniele del Friuli**, home of the famous DOP prosciutto. Enjoy a traditional lunch featuring an authentic **tasting of San Daniele Ham**, followed by a pleasant stroll through the town's alleys and scenic viewpoints - a perfect blend of culture, landscape, and flavor.



EXCURSION 6: TRIESTE AND MIRAMARE CASTLE

Monday - Thursday (19-22/01) / 7:30 AM-5:20 PM / Departure from Olympic Village

Bus return trip: 4 h / Lunch included

Fee: € 80.00

A day to discover the refined beauty of **Trieste**, a border city full of history and Mitteleuropean charm. We start with a **guided tour of the historic center**, among elegant squares, historic cafés, and sea views. A must-stop for a tasting of the **famous Triestine coffee**, a symbol of the city's cosmopolitan tradition. Then a typical lunch in the city center. In the afternoon, we visit the **Miramare Castle**, residence of Archduke Maximilian of Habsburg, majestically overlooking the Gulf of Trieste. An unforgettable mix of history, elegance, and breathtaking scenery.

EXCURSIONS ON 19/01 AND 22/01/2026



EXCURSION 7: A DAY IN THE SNOW - ALPINE SKIING ON ZONCOLAN

Monday - Thursday (19-22/01) / 8:30 AM-5:00 PM / Departure from Olympic Village

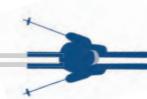
Bus return trip: 1 hour / Lunch included / Ski equipment rental available

Fee: € 90.00

A day dedicated to winter sports and breathtaking Alpine scenery in the heart of the Carnic Alps. Transfer to **Ravascletto**, the gateway to the renowned **Monte Zoncolan ski resort**. Alpine skiing enthusiasts can enjoy perfectly groomed slopes with a **full-day ski pass** valid across the entire area.

Lunch in a cozy mountain hut with traditional local dishes and panoramic mountain views. After skiing, return transfer to the hotel.

An authentic mountain experience combining sport, nature, and taste.



EXCURSION 8: FOREST EXCURSION - NATURE, MEMORY, AND WOOD TRADITION

Monday - Thursday (19-22/01) / 8:30 AM-5:00 PM / Departure on foot from Olympic Village

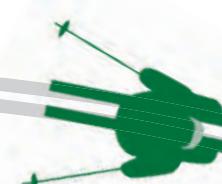
Bus return trip: 1 h 30 min / Lunch included / Snowshoes included

Fee: € 40.00

An immersive forest hike through the Dolomites to explore the power of nature and the region's resilience. Starting on foot from **Piani di Luzzo**, snowshoes on, the trail winds through high-altitude woods while the guide explains the impact of **Storm Vaia** and the **bark beetle**, which has severely affected the red spruce forests.

Stop for a traditional mountain lunch. In the afternoon, transfer to **Tolmezzo** for a guided tour of the **Rovis sawmill**, a local excellence in woodworking, to learn how timber is transformed from forest to finished product.

A day focused on the environment, forestry culture, and the **Friulian wood supply chain**.



EXCURSIONS ON 19/01 AND 22/01/2026

EXCURSION 9: FOREST EXCURSION - NATURE, MEMORY AND WOOD TRADITION

Monday - Thursday (19-22/01) / 8:30 AM-5:00 PM / Departure on foot from Olympic Village

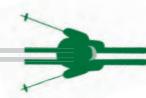
Bus return trip: 1 h 30 min / Lunch included / Snowshoes included

Fee: € 40.00

A forest excursion through the Dolomites to experience the strength of nature and the resilience of the land. Starting from the **Olympic Village in Piani di Luzzo**, snowshoes on, you'll hike through high-altitude forests while a guide explains the effects of **Storm Vaia** and the **bark beetle**, which has caused severe damage to red spruces.

After a typical lunch, transfer to **Tolmezzo** for a guided visit to the **Burgo Paper Mill**, to observe the **self-production process of cellulose** and the **management of lignosulfonates**, by-products of wood processing.

The paper mill stands out for its efficient use of energy sources, powered by a **hydroelectric plant**, an internal combustion engine, and a **combined-cycle cogeneration plant**, ensuring **energy autonomy and low environmental impact**.



EXCURSION 10: HALF-DAY FOREST HIKE IN FORNI AVOLTRI - NATURE, HISTORY & GASTRONOMY

Monday - Thursday (19-22/01) / 8:30 AM-12:30 AM / Departure on foot from Olympic Village

No bus / No lunch / / Snowshoes included

Fee: € 30.00 (max 50 participants per day)

This scenic snowshoe hike starts with a walk along snowy trails toward the sculpture "**Mother Nature**", the **tallest wooden sculpture in Europe (8 meters)** dedicated to women.

After a panoramic break to admire the view and the sculpture, the route continues downhill to the village of **Forni Avoltri** to visit the **Great War Museum**, which houses artifacts, testimonies, and documents from **World War I**. The excursion concludes with a tasting of **local malga cheese**, a traditional dairy product that reflects the rich cheesemaking heritage of Friuli.

The program may be subject to changes. All excursions are offered in German and English.







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