

notebook #2

a special
place for
sport



LA VAL
DEL LAGO





In the territory of Gemona and Val del Lago, the reference point for the sport of free flight (paragliding and hang gliding) is the **ASD Volo Libero Friuli**. The association offers educational, technical and hospitality services for experienced pilots. For those who arrive ready to fly for the first time, the association organizes tandem flights (both paragliding and hang gliding). There are also introductory day courses and courses to obtain a license. It is possible to fly all year round depending on weather conditions but the best period runs from March to November. The association organizes shuttle services to the takeoff point on Mount San Simeone. The large landing area lies between the village of Bordano and Tagliamento.



ASD Volo Libero Friuli

www.vololiberofriuli.it / info@vololiberofriuli.it

tel. +39 348 6812138 (For pilots)

tel. +39 347 9280670 (for neophytes)

Visitors to the lake surely want to be in the water or above the water. On the shores of Lago di Cavazzo **you can hire a canoe** and spend a few hours alone or all together. You can hire canoes of the "sit on top" type, which are very stable and do not need special skills and are therefore suitable for everyone. There are both single and double, with the ability to carry a third if the passenger is a child. The association Nautilago also organizes basic canoeing courses.

Excursions combining sport and nature is offered by **guidanaturalistica.it**. These trips are made by Canadian canoe which are stable and easy to manage. Participants are accompanied by an instructor and also a naturalistic guide who tells the story of the territory. Information on www.guidanaturalistica.it, info@guidanaturalistica.it, tel. 349 5068928.



Hire a canoe "sit on top" on the Lago di Cavazzo

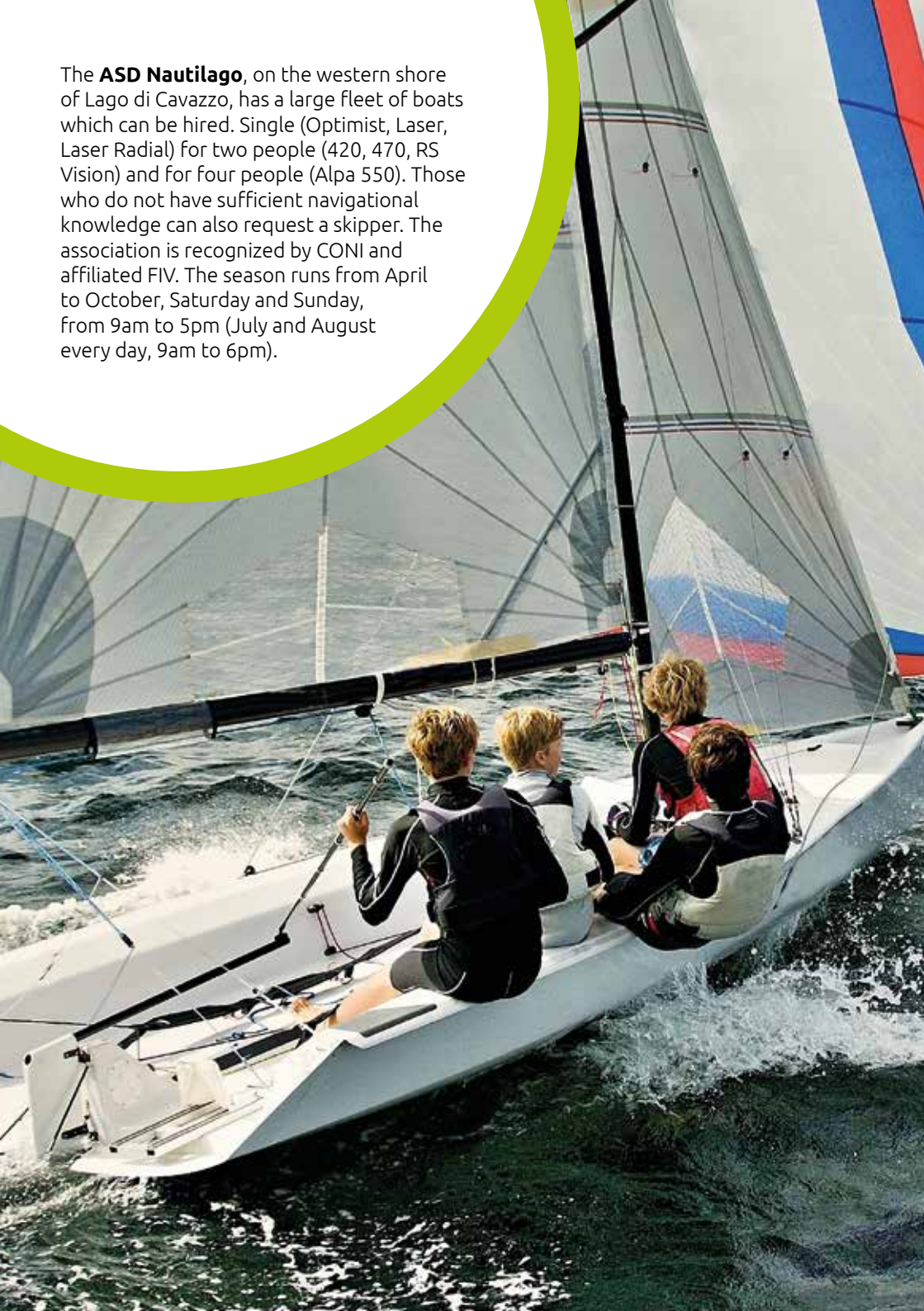
Camping Lago 3 Comuni

tel. +39 0432 979464 / info@lago3comuni.com
www.lago3comuni.com

ASD Nautilago

tel. +39 0432 979288 / info@nautilago.com
www.nautilago.com

The **ASD Nautilago**, on the western shore of Lago di Cavazzo, has a large fleet of boats which can be hired. Single (Optimist, Laser, Laser Radial) for two people (420, 470, RS Vision) and for four people (Alpa 550). Those who do not have sufficient navigational knowledge can also request a skipper. The association is recognized by CONI and affiliated FIV. The season runs from April to October, Saturday and Sunday, from 9am to 5pm (July and August every day, 9am to 6pm).



ASD Nautilago

Basic sailing courses for adults and children with practical lessons in the water and theory in the classroom. In a week you can learn all the techniques and the theory to sail alone.

www.nautilago.com / info@nautilago.com
tel. +39 0432 979288

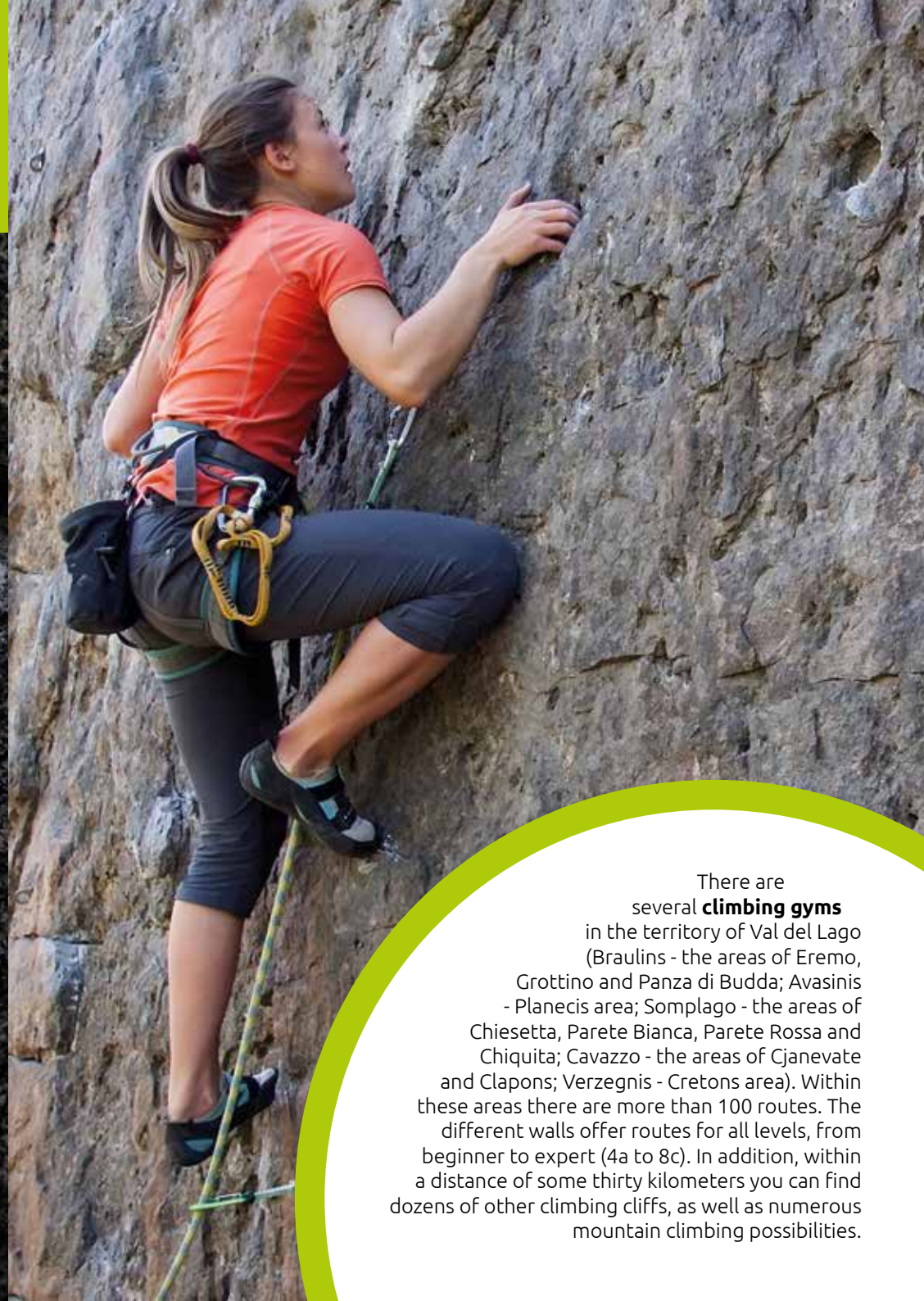




In the case of bad weather

If you are already on the road and suddenly find a thunderstorm, the **ASD Chiodo Fisso** of Tolmezzo (via Officina Elettrica, towards the north "Zona Artigianale") has an indoor climbing gym.

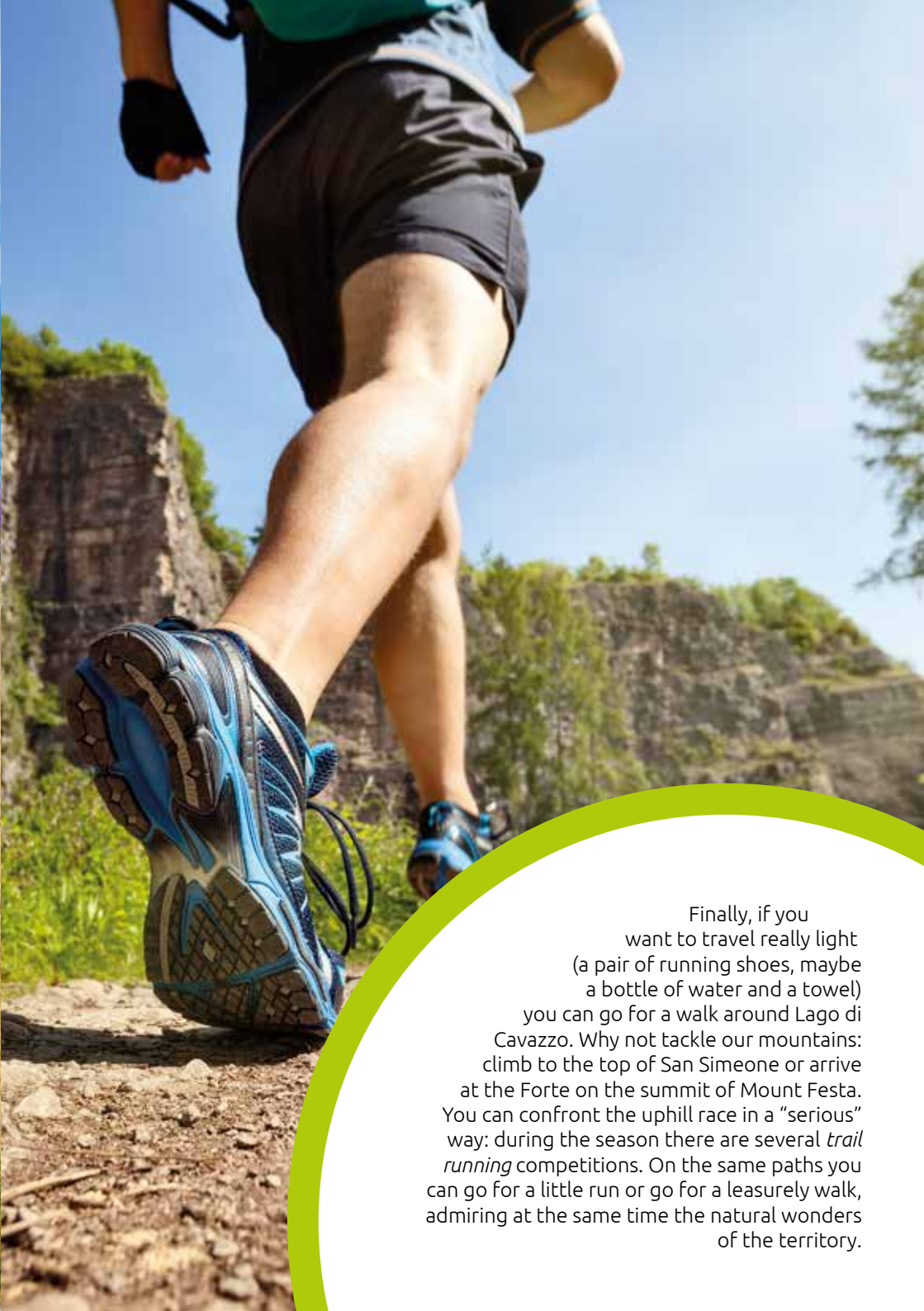
www.facebook.com/associazionechiodofisso/



There are several **climbing gyms** in the territory of Val del Lago (Braulins - the areas of Eremo, Grottino and Panza di Budda; Avasinis - Planecis area; Somplago - the areas of Chiesetta, Parete Bianca, Parete Rossa and Chiquita; Cavazzo - the areas of Cjanevate and Clapons; Verzegnis - Cretons area). Within these areas there are more than 100 routes. The different walls offer routes for all levels, from beginner to expert (4a to 8c). In addition, within a distance of some thirty kilometers you can find dozens of other climbing cliffs, as well as numerous mountain climbing possibilities.



Ecotourism on two wheels is experiencing a well-deserved success. Val del Lago offers countless routes: you can plan a tour lasting several days or a simple couple of hours cycling with a stop for a picnic on the shore of the lake. For the lover of extreme sports there is also the possibility to reach the peaks by bike. The most important cycling route in the region is **Alpe Adria cycle lane** (www.alpe-adria-radweg.com)



Finally, if you want to travel really light (a pair of running shoes, maybe a bottle of water and a towel) you can go for a walk around Lago di Cavazzo. Why not tackle our mountains: climb to the top of San Simeone or arrive at the Forte on the summit of Mount Festa. You can confront the uphill race in a “serious” way: during the season there are several *trail running* competitions. On the same paths you can go for a little run or go for a leisurely walk, admiring at the same time the natural wonders of the territory.

CONTACTS

ASD VOLO LIBERO FRIULI

Gemona del Friuli (UD)
tel. 347 9280670
info@vololiberofriuli.it
www.vololiberofriuli.it
paragliding, hang gliding

ASD NAUTILAGO

Trasaghis (UD)
tel. 0432 979288
info@nautilago.com
www.nautilago.com
sailing, canoeing

CAMPING LAGO 3 COMUNI

Trasaghis (UD)
tel. 0432 979464
camping@lago3comuni.com
www.lago3comuni.com
canoeing

GUIDENATURALISTICHE

tel. 349 5068928
info@guidanaturalistica.it
www.guidanaturalistica.it
canadian canoe

ASD CHIODO FISSO

Tolmezzo (UD)
tel. 340 0807135
facebook.com/associazionechiodofisso
sport climbing

PROGETTO SPORTLAND

Gemona del Friuli (UD)
tel. 0432 981441
info@sportland.fvg.it
www.sportland.fvg.it



Learn more on the site

www.ecomuseovaldellago.it



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