





 Self-guided tour

 Hike

 00-00 km

 Easy

Duration: 3 days / 2 nights

DESCRIPTION

Two weekends dedicated to the wild mountain herbs of Forni di Sopra, with botanical walks that will reveal the secrets of edible and medicinal plants. A unique festival with a variety of activities, both gastronomic and more, all connected to the wild herbs of the region.

DETAILED ROUTES

📍 Day 1: Forni di Sopra

Storytelling and Murals

Arrival in the morning. In the afternoon, meet with the historical and naturalist guide for a walk to discover the town, while hearing stories, traditions, and legends characteristic of the place, along with a visit to the Murals. Over fifty works by the artist Marino Spadavecchia can be seen along the streets of Forni di Sopra. These works, created by a “painter storyteller,” feature the use of both a paintbrush and the white walls of the houses as canvases. Dinner featuring local wild herbs and overnight stay at the hotel.

📍 Day 2: Forni di Sopra

Walk to the Malga – Adventure Park or Bike Tour

Breakfast at the hotel. Take the Varmost chairlift (1750 m) and enjoy a walk to Malga Varmost, with a stop at the cheerful farm. Taste typical dairy products, with the option to purchase. Descend back by chairlift. In the afternoon, choose between sporting activities at the Dolomiti Adventure Park or a mountain bike ride on valley-floor cycling paths. Stroll through the enogastronomic and artisan stalls at the Herb Festival. Dinner featuring local wild herbs and overnight stay at the hotel.

📍 Day 3: Forni di Sopra

Herb Festival

Breakfast at the hotel. The day is dedicated to the traditional Herb Festival, where you'll discover edible and medicinal herbs and plants. The event features a rich program of activities and experiences, including an excursion to search for the scents and colors of herbs and flowers, a walk in nature with Biagio the Donkey, and Forest Bathing in the Friulian Dolomites—a sensory walk where you immerse yourself in nature and the forest, using all your senses to relax both body and mind. You'll also have the chance to prepare cosmetic products based on plants from the forest. Enjoy music and food stalls offering local products made with wild herbs. At the end of the day, departure to your home destinations.

HERB FESTIVAL: FORNI DI SOPRA

GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 3 days / 2 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Forni di Sopra
- **Arrival:**

By plane: airport Treviso, Trieste or Venice

By train: By train (train station Calalzo or Carnia – see on: www.trenitalia.com)

By car: directly to Forni di Sopra

- **Accommodation:**

Hotels 3*** category.

Attention: Tourist tax – if requested – has to be paid on the spot!

- **Parking:**

Parking at the starting hotel; cannot be booked at the moment of reservation of the tour; to be paid directly on the spot.

- **Rental bikes:**

- 21-gears women's or men's bicycle
- Rental bike TOP (Unisex modell – men modell on request)
- E-bike (unisex bike, 500 W battery; range up to 100 km)

It is possible to add a rental bike disclaimer to your booking. Price is € 24.00 per trekking bike and € 49.00 per TOP bike/ e-bike /mountain bike. For more information we recommend to review our Terms and Conditions.

INCLUDED SERVICES

- Accommodation in 3-stars hotel
- Breakfast buffet or full breakfast
- Dinner
- Storytelling and visit to the Murals
- Round-trip ticket for the Varmost chairlift
- Tasting at the Malga
- Herb Festival, all-inclusive package: naturalistic excursion + Forest Bathing + Biagio the Donkey Biagio

NON INCLUDED SERVICES

- Arrival at the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch
- Bike tour and bike rental
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

HERB FESTIVAL: FORNI DI SOPRA

STARTING DATES

Available - arrival possible Not Available Available for groups from 6 persons and on request

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRICES

Standard		
Package price in a double room with half board	Arrive on 06/06/2025 and 13/06/2025	495 €
Package price high season	Arrive on 06/06/2025 and 13/06/2025	495 €
Single room surcharge		60 €
Additional services		
no bike		0 €