



Servas by Bike

**A bike route in the name of peace from the river Isonzo
to the sea.**

1st-2nd-3rd-4th June 2017

Do you like cycling and a simple lifestyle?

Would you like to bring about some peace...come and cycle with us!

Servas by Bike is a project that, within the Servas context, aims at promoting the values of sustainable mobility, slow travelling, love for the environment, harmony and peace in the ecosystem and a simple and essential lifestyle. At the same time it intends to offer the opportunity to make an experience, to share it and appreciate it, leaving a mark and a deeper life awareness .

The initiative is addressed to urban cyclists, cycling travellers and amateur cyclists, both Italian and from other countries, who believe that borders are just an invention of man.

After the two precedent editions in Lombardy in 2015 and Emilia Romagna in 2016, we propose the 2017 experience in Friuli Venezia Giulia, across the Italian-Slovene border, from the hills to the sea.

We would like Servas cycling to be an itinerant project, bringing a message of peace and an alternative lifestyle to all the regions we'll cycle through.

You can participate with your own bike or rent one here, we can also do it on your behalf. Indicate your request in the registration form and we'll confirm the availability of a bicycle for you.

We invite all the participants to bring a message, an object or a symbol ...to share during the meeting.

PRACTICAL INFORMATION, PROGRAMME, NUMBER OF PARTICIPANTS, PARTICIPATION FEES.

The provisional programme envisages:

Thursday 1st June: from 6.00 pm arrival at the Dijaski dom (student residence) in Nova Gorica, dinner,

welcome meeting and presentation of the programme.

Friday 2nd June: excursion along the Isonzo valley, partly in Slovenia, by bicycle and train;

Saturday 3rd June: excursion to Aquileia and Grado, by bicycle and train;

Sunday 4th June : cycling excursion on the Collio hills north-west of Gorizia as far as Cormons.

Number of participants: maximum 25 cyclists, 5 places reserved for participants under 25 who will pay a lower fee.

Fee per person: 120 euro.

Fee for young: 100 euro

The fee does not include the bike rent or insurance.

The fee includes:

- 1) Four nights' accommodation at the student residence in Nova Gorica on 1st June, dinner on the 1st June, full board accommodation with packed lunch on 2nd and 3rd, breakfast on the 4th.
- 2) Guides in Tolmino and Aquileia;
- 3) Train tickets
- 4) Commemorative T-shirt of the tour.

MORE DETAILS

• bicycle rent: about 14 euro /day. Indicate your request in the registration form.

Bicycle type: it is advisable to use a **mountain bike** with regular tread, the dirt track is well-trod. A cycling helmet is compulsory, it is suggested to take a small back-pack for the food and to have adequate clothing, the weather will be hot but it might rain.

The meeting will take place with any weather, though in case of bad weather the organizers will propose an alternative programme if necessary. (different itinerary or activity).

PRE-REGISTRATION FORM

To be filled in and sent as soon as possible (1st April at the latest) to:

MARISA MARIUZZI marisa.mariuzzi@libero.it cell.3477257703 whatsapp

EMANUELA MAZGON emanuelamazgon@tiscali.it cell.3473038515 whatsapp

The maximum number of participants is 25. A list will be prepared on the basis of the date of reception of the forms. The organizers will contact the participants by the 25th April to confirm the reservation. The confirmed participants will receive the bank details for the transfer to be made by the 1st of May 2017.

Name and surname: _____

Complete address _____

Mobile n. _____ home tel. n. _____

E mail _____

I prefer to be contacted via:

telephone E mail

I'm a Servas member: Host Day Host

- I am up to date with the membership fee for 2017
 I'm not up to date but i'm going to pay my yearly fee in the next few days

Travelling plan:

Arrival at (city, airport) _____ on (date) _____

by (car, train, bicycle, airplane) _____

Leaving from : (city, airport) _____ on (date) _____

by (car, train, bicycle, airplane) _____

Diet/allergies/special requests

Please let us know if you are on a diet, if you are vegetarian, vegan or other, if you have allergies or any other special request.

T shirt : indicate your size: S M L XL

Bicycle:

Tick your option:

I'm coming to the meeting with my bicycle

I have to rent a bicycle

I have to rent a bicycle with rear bags

We can rent a bicycle for you:

Indicate your height (cm): _____

Waiver declaration

(Please, sign this declaration, print it and send a copy per email to marisa.mariuzzi@libero.it or emanuelamazgon@tiscali.it and hand in the original at your arrival).

The meeting "Servas Cycling, from the Isonzo river to the sea" has been organized by Servas Friuli Venezia Giulia and has to be intended as a gathering among friends, meaning that nobody is a professional guide nor a tour operator. Every participant is therefore responsible for her/his safety as well as for possible harm or damage caused to third parties.

It is advisable to take out a personal insurance. The use of a cycling helmet is compulsory.

(mark with X and sign)

O I declare to take part in the Meeting "Servas Cycling, from the Isonzo river to the sea" June 2017 under my full responsibility and to relieve the organizers from any liability for possible harm or damage to myself or third parties (people and things).

Signature _____ date: __ / __ /2017

Thank you for completing the registration..