

# HANDBOOK: 7 Cases of successful sport activities in greenways

## Number of the deliverable 8 (2.2)

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project: "Sigway – Sports in Greenways" N.101050692 – GAP-101050692

**Author(s):** European Greenways Association (EGWA)

**Dissemination level:** PU - Public

**Version:** 1

**Delivery date:** 23.12. 2022

**Keywords:** greenways, best practices, sport, cycling, walking, active leisure, tourism.

**Abstract:** Handbook 7 cases of best practices in sports in greenways. Selected by the project partners in each country represented in the consortium (Spain, Belgium, Austria, Slovakia, Italy, Greece, and Portugal).

The overview has been prepared by the lead beneficiary EGWA that guided the research, and each partner has prepared the Best Practice, and is responsible for the information and illustrations included.

Finally 8 BPs are included, since they are presented 2 from Belgium, one in the Walloon region and one in Flanders.

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## 1. Introduction - What are greenways?

The Erasmus + project SIGWAY aims to promote sport and healthy leisure activities outdoors by stimulating sports activities offered in greenways and potential greenways, while raising awareness on environmental issues and circular economy. Moreover, SIGWAY aims at enhancing sports field employability and local economies.

The SIGWAY project focuses on greenways of railway origin due to the reuse of old railway infrastructures as an example of new uses and circular economy.

The origin of the Greenways programmes has been to avoid the loss of railway heritage and to maintain public ownership. The continuity of the whole line is essential, fragmenting the line by selling the land in sections is a serious problem, because it is not possible to establish continuous itineraries.

*According to the [Lille Declaration](#) “Greenways are communication routes reserved exclusively for non-motorised journeys, developed in an integrated manner which enhances both the environment and quality of life of the surrounding area. These routes should meet satisfactory standards of width, gradient, and surface condition to ensure that they are both user-friendly and low -risk for users of all abilities. In this respect, canal towpaths and disused railway lines are a highly suitable resource for the development of greenways.” 12 September 2000.*

Thanks to the greenways, the maintenance and recovery of railway infrastructure and heritage, in particular bridges and tunnels, is carried out, which would not be done without this use.

Greenways are an ideal infrastructure for active mobility, active leisure and everyday sports, and sustainable tourism.

The European Parliament<sup>1</sup> has included the transformation of disused railways into greenways as a recommendation for sustainable tourism.

Although there is no specific source and it is not possible to know the total number of km precisely, we estimate that there are around 100,000 km of disused railway tracks, of which approximately 15-20% have been converted into greenways, so there is great potential for growth at European level.

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<sup>1</sup> [European Parliament resolution of 25 March 2021 on establishing an EU strategy for sustainable tourism \(2020/2038\(INI\)\)](#) #44. (...) calls on the Commission to encourage the reconversion of disused railway lines, including by supporting bike-train projects, (...).

## 2. Overview of Best Practices of successful sports activities on greenways.

The aim of this book is to present best practices of outdoor sports and leisure activities linked to greenways, in a greater or lesser extent, in Spain, Belgium, Italy, Slovakia, Austria, Italy, Greece and Portugal (\*).

They are very varied activities, are open to all kinds of groups, and promoted by different entities, sports, educational, rural development, companies, municipalities and other social, public and private groups, which can serve as inspiration to be performed in other places and promote sport and active leisure activities on greenways and other non-motorised itineraries. The proposed activities are free of charge or at a very low cost, which encourages participation in group activities, and in turn has a very positive impact on the people who take part and on the communities.

We hope that they can also be useful to raise awareness and visibility of the circular economy through the use of old railway infrastructures, into a new purpose, like greenways.

- In **Spain**, the organisation of a series of Nordic Walking walks in different parts of the Montes de Hierro / Iron Mountains greenway in Vizcaya (Basque Country) is presented. The sessions include an introductory workshop and a practical walk of about 6 km, which are led by an instructor; walking sticks are lent to participants. The program is organised by the managing body of the greenway, a rural development association ([Enkarterrialde](#)).
- In **Belgium**, two BPs are presented, one in the Walloon region and one in Flanders.

In the **Walloon region**, and from Gembloux, it is presented "I run for my form" - "Je cours pour ma forme". This is a programme to promote sport to learn or improve the preparation for jogging. Open to anyone that wants to participate, regardless of their physical preparation, from level 0, from the age of 12. They use the RAVEL (greenways) L-147 for their training sessions.

From **Flanders**. Join the Café Welcome Veloclub on this greenway! A friendly cycling club promoted by the owner of a cafe, where participants meet for cycling rides twice a week along sections of the greenway (Kempen-Hageland route L 29) and non-motorised or low-traffic roads in the protected landscape area of Merode; riding in a group makes them *feeling more safety and* socially comfortable.

- In **Austria** Thayaland e-bikes on tour (Theo), is a new electric bike rental system that gives services in a unified way to 15 communities, of the future Thayaland region and two communities of the small region ASTEG. The THEO system promotes active mobility and healthy leisure in the territory, and contributes to reducing greenhouse gas emissions, which in turn is made possible by a non-motorised, low-traffic infrastructure where the Tayarunde greenway forms the backbone of the network.
- From **Slovakia** is presented a sports Event, *Bicyklom po stopách SNP* (EN: "*Discovering the Slovak National Uprising by bike*"). Carried out before the pandemic, in 2019, to celebrate the 75th anniversary of the Slovak National Uprising. It is a sport event combined with cultural inputs where participants were riding their bikes on the Cyklokorytnička

greenway while discovering the history of the SNU. Various small stations were built on the greenway where participants could stop anytime and learn about the SNU.

- In **Italy** there is another sport event, “La Spoleto Norcia in MTB” , a bike race along the former Spoleto-Norcia Railway. The event is held every year and it is organized by the sport association [MTB CLUB SPOLETO](#), founded in 1992. Spoleto Norcia in MTB aims to promote the Former Spoleto-Norcia Railway and, at the same time, to raise the awareness of the public authorities in order to speed up the complete restoration work.
- From **Greece**, the proposed BP is the National pass of Vouraikos Gorge. This walking tour does not go along a greenway, since the Railway (Odontotos) is still active as a tourist train with few routes per day. In order to pass from Vouraikos gorge (parallel to the train lines) and for safety reasons you need to inform the train authorities beforehand that a group of people will be passing through the railways.  
The event takes place every year during the second weekend of May and it is a private initiative with the collaboration of the municipality of Kalavryta and other public authorities’ support, aiming to empower the visibility of the area through outdoor activities.
- In **Portugal** “Dão CiclyPhoto”, is a sports activity where students will have the opportunity to cycle along the Dão Greenway and learn more about Viseu Dão Lafões Region, by taking pictures with a smartphone.

In short, a wide variety of very attractive sport, leisure and active non-motorised mobility initiatives, carried out in different types of territories, with an important representation of rural areas, and promoted by various types of public and private entities. We hope that these best practices will serve as inspiration for other territories with greenways, in order to contribute to the further development of sport and active leisure activities, open to all types of people and groups. Why not participate as a visitor in some of these initiatives with locals?

These initiatives can be also useful for territories that have abandoned railway tracks, and that want to promote their transformation into greenways through group activities to draw the attention of public authorities to carry out the works.

*(\*) The Best Practices (BPs) research has been guided by EGWA, which has also prepared the Overview of the BPs Practices, and each partner is responsible for the information and illustrations included in their corresponding BP.*

## **Best sport Practice in greenways**

## Best sport Practice in greenways & why is exemplary?

### Spain (Defoin)

1 Title of the Specific sport BP and summary.

#### Montes de Hierro Greenway – Nordic Walking

The activity consists first of a distribution of walking sticks among the participants, an initiation workshop, and a walk as a practical session of about 6 kilometres - round trip. Then there are some stretching activities and a round of doubts and questions before finishing. Depending on each workshop, the walk changes its route but all of them will cross part of the Greenway. The price is 4 euros per march and the organization provides the walking sticks.

2. Location of the practice

Country	Spain
Region	País Vasco/Basque Country
Greenway	Montes de Hierro Greenway

3. Main institutions involved and stakeholders (public & private)

The main institutions involved are mainly municipalities and local action groups/associations:

- Local municipalities: Artzentales, Galdames, Sopusuerta, Muskiz, Abanto Zierbena, Zierbena.
- Local associations: Enkarterrialde and Montes de Hierro.

4. Greenway where the good practise is located at, short description: (in case it is not a greenway pls to mention)

The Greenway is a linear itinerary of about 42,5 km of low difficulty, starting in Traslaviña and ending in Gallarta. The Greenway of the Montes de Hierro is an old railway line, it begins at the Traslaviña train station. The route runs through gentle slopes and wide curves providing a degree of comfort and ease throughout its journey. Along the greenway there are natural spaces, cultural enclaves, and characteristic villages. The smoothness of the railway layout allows it to be travelled without making significant physical effort, which allows it to be done in a self-guided way.

5. Description of the implementation and resources needed

In addition to the walking sticks which are provided by the entity, it is advised to carry out any of the workshops with comfortable clothes and shoes and it must be taken into account that the courses are aimed at people over 18 years of age. It is also advisable to bring a water bottle.

6. Explain why this sport initiative is exemplary and its potential for learning or transfer

This initiative is exemplary because this action is part of the activities carried out thanks to the collaboration agreement signed for yet another year between the Enkarterrialde Rural Development Association and the Municipalities of Abanto Zierbena, Artzentales, Galdames, Muskiz, Sopusuerta and Zierbena, turning the Vía Verde into a resource that generates a wealthy product. The Greenway is the main common link between these municipalities and all of them recognize the need to develop joint actions to improve the positioning and marketing of the Greenway.

7. Timescale (start/end date)/ years of the activity

This is the second edition of this activity. In total, six workshops will be held, one in each municipality that

crosses the mining railway route. This is the 2022 programme: on June 19 they will start in Artzentales on the Traslaviña fronton, and on June 26 they will continue in Galdames next to the Greenway Information Centre. In September, on the 18th it will take place in Sopuerta, in the Santa Ana fronton and on the 25th in Muskiz in the municipal fronton. In October it will be held in Abanto Zierbena on the 2nd, specifically in the fronton of Sanfuentes. It will end with the last march in Zierbena on October 23 next to the tourist office on La Arena beach.

#### 8. Evidence of success.

- Users: people aged above 18
- Organizations involved: local municipalities (Artzentales, Galdames, Sopuerta, Muskiz, Abanto Zierbena, Zierbena) and Enkarterrialde (local action group for local development).
- Number of activities: 6 workshops, Nordic walk and stretching activities.
- Duration of the activity: 2h30min
- Cost: 4€
- Promotion of local consumption.

Source of the info:

<http://enkarterrialde.eus/Actualidad/%C2%A1vuelven los talleres de iniciaci%C3%B3n a las marchas n%C3%B3rdicas por la v%C3%ADa verde>

#### 9 Difficulties encountered/ lessons learned

The difficulties encountered are:

- Collection of the participation fee (4€).
- Administrative management.

#### 10 Further information / other relevant aspects Specifically Environmental awareness?

There are many other activities on this Greenway. For example, there is a yearly contest called “The Greenway rewards you” that invites people to buy locally and use the Greenway instead of conventional transport. Also, for participating and using the Greenway there is a raffle basket of local products. This initiative is organised through the Greenway’s APP and is considered as a reference point in the digitisation of greenways at the European level.

Other interesting activities/characteristics related to environmental awareness:

- Infrastructure to enable bike maintenance along the Greenway. Eleven bike stations to fix bicycles have been created along the route.
- Sheep shearing.
- International Forest Day raffle for 4 guided visits to the EL POBAL forge through the APP.
- Free entrance at the Basque mining museum if arriving by bike.
- Persuasive slogan: Move for your health, move on the greenway (Muévete por tu salud, muévete por la vía verde).

#### 11. Contact of the Best practice manager /responsible. Web info, reference

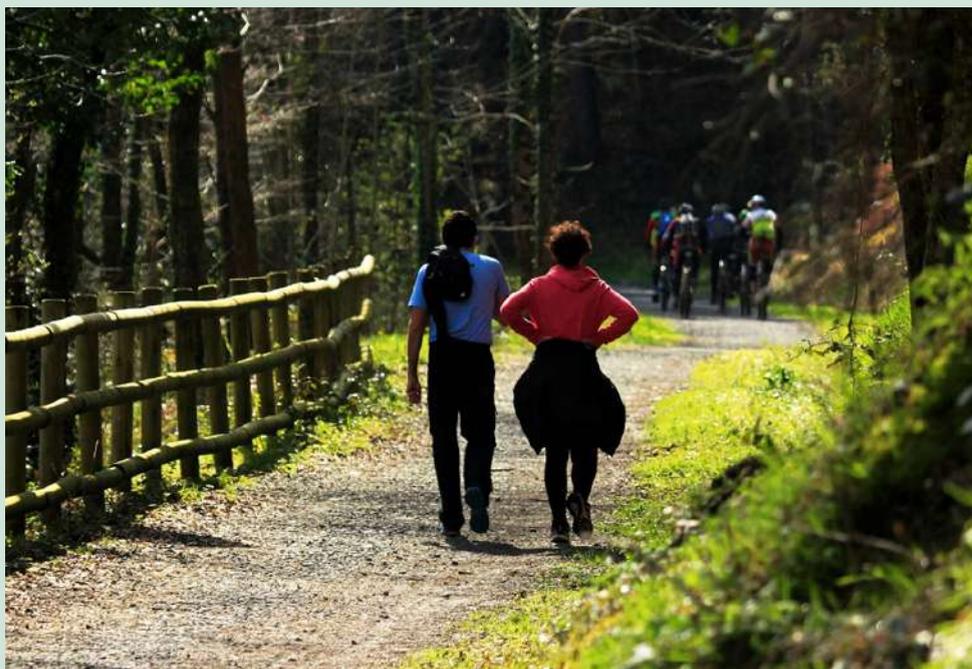
**Address:** Barrio San Miguel s/n, Edificio del Ayuntamiento, 48879 Artzentales – Bizkaia

**Telephone:** 94 610 95 90

**Email:** enkarterrialde@enkarterrialde.eus

12. Links to other additional documents that could be helpful like brochures, videos, evaluation reports, webs links, etc. press article (previously included as a note)

### Pictures of the practice





## Brochure

**IPAR MARTXAK 2022**  
**TALLERES Y CAMINATAS DE INICIACIÓN A LA**  
**MARCHA NÓRDICA POR LA VÍA VERDE**

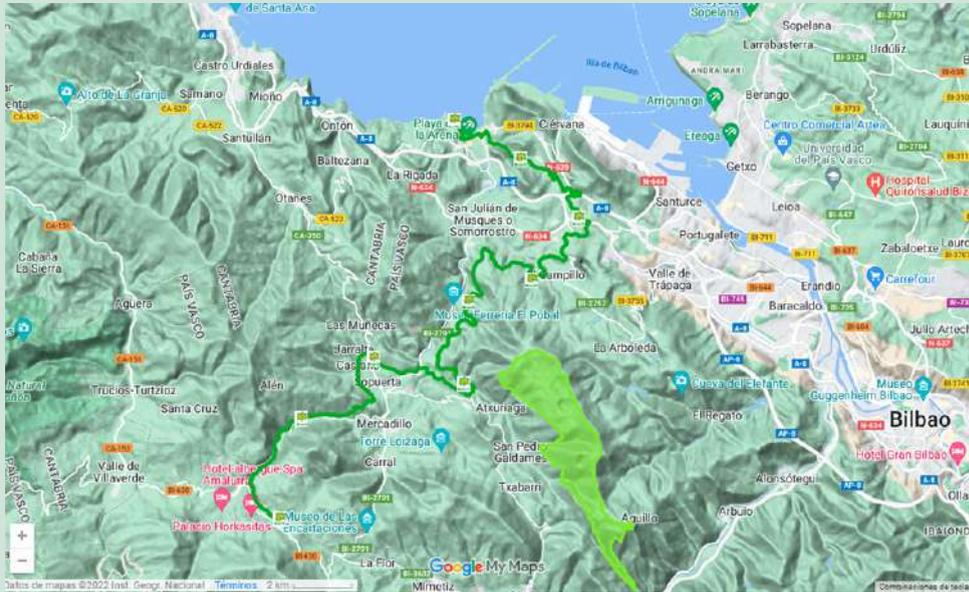
ARTZETALES - EKAINAK 19 DE JUNIO  
GALDAMES - EKAINAK 26 DE JUNIO  
SOPUERTA - IRAILAK 18 DE SEPTIEMBRE  
MUSKIZ - IRAILAK 25 DE SEPTIEMBRE  
ABANTO ZIERBENA - URRIAK 2 DE OCTUBRE  
ZIERBENA - URRIAK 23 DE OCTUBRE

**18 urtetik gora - Mayores de 18**  
**Iraupena / Duración: 2h 30**  
**Talde murriztuak / Grupos reducidos**  
**Ordutegia / Horario: 10:00 - 12:30**  
**Ibilaldiak 6 kilometrokoa izango dira, gutxi gorabehera / Las caminatas serán de 6 kilómetros aproximadamente**

**PREZIOA / PRECIO: 4 €**

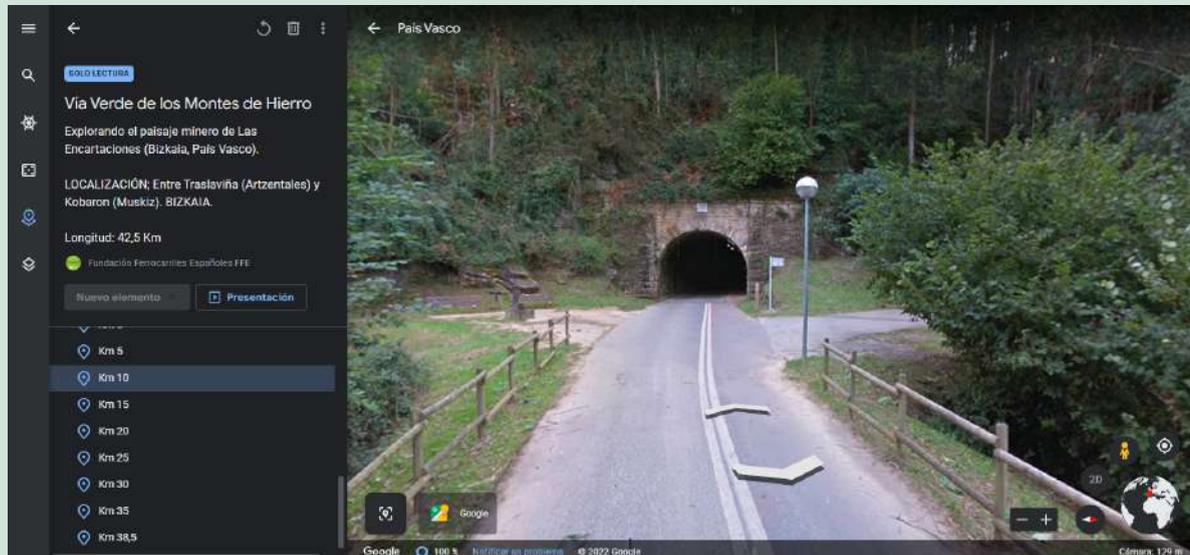
izena ematea derrigorrezkoa da / inscripción obligatoria en formulario:  
IZENA EMAN APP-AREN BIDEZ!!!  
!!!INSCRÍBETE A TRAVÉS DE LA APP!!!  
APP VÍA VERDE BURDINMENDI - BOTÓN MARCHAS NÓRDICAS

### Map of the Greenway



**Link to the map:**

<https://www.google.com/maps/d/u/0/viewer?mid=1OzLZVuGioVbSNfcMECrm1M4Cn2uO4afP&ll=43.30534539387149%2C-3.111828009643567&z=12>



**Link to the virtual tour (Google Maps Streetview 360°):**

<https://earth.google.com/web/@43.2910054,-3.13909404,215.96434979a,23996.26016841d,30.0000406y,0h,0t,0r/data=MikKJwoICiExNnVoblptV1hVQ1FpWl82ZWh4OHcyZF9DSWdGV1c5OWwgAQ>

### Press articles

**La marcha nórdica vuelve a la Vía Verde de los Montes de Hierro // Nordic walking returns to the Montes de Hierro Greenway**

**Link:** <https://www.deia.eus/bizkaia/2022/06/15/marcha-nordica-vuelve-via-verde-5746610.html>

**Seis talleres por los Montes de Hierro enseñan marcha nórdica // Six workshops in the Iron Mountains teach Nordic walking**

**Link:** <https://www.deia.eus/bizkaia/2021/09/28/seis-talleres-montes-hierro-ensenan-1917141.html>

**Los atractivos de la vía verde Montes de Hierro desembarcan en Internet // The attractions of the Montes de Hierro Greenway land on the Internet**

**Link:** <https://www.deia.eus/bizkaia/2021/10/27/attractivos-via-verde-montes-hierro-1849843.html>

**Once puntos para arreglar bicicletas en Enkarterri // Eleven bike stations to fix bicycles in Enkarterri**

**Link:**

<https://www.deia.eus/bizkaia/2022/01/12/once-puntos-arreglar-bicicletas-enkarterri-1750173.html>

### Other useful links/information

**Guide of the Greenway:**

<https://www.viasverdes.com/img/archivos/V%C3%ADa%20Verde%20Montes%20de%20HierroRED.pdf>

**Montes de Hierro Greenway Instagram:** <https://www.instagram.com/viaverdemontesdehierro/>

**Spanish Greenways website:** <https://www.viasverdes.com/itinerarios/itinerario.asp?id=109>

**Enkarterrialde Association:** <http://enkarterrialde.eus/Actualidad>

**Basque Country Tourist information website:**

<https://turismo.euskadi.eus/es/rutas/via-verde-montes-hierro/aa30-12380/es/>

Details of the project partner presenting the Best Practice: Defoin

Date: 07/11/2022

**Defoin**

## Best sport Practice in greenways & Why is exemplary?

### Belgium (EGWA)

#### 1 Title of the Specific sport BP and summary

##### **Sports association programme “I run for my form” – “Je cours pour ma forme”**

This is a programme to promote sport to learn or improve the preparation for jogging. Open to anyone that want to participate, regardless of their physical preparation, from level 0, from the age of 12. They use the RAVEL (greenways) for their training sessions. The program is promoted by the Centre-Sportif de l'Orneau, which is the meeting point for the activity; and is very close and connected to the RAVEL by non-motorised accessible path, which favours the sporting activity of proximity.

#### 2. Location of the practice

Country	Belgium
Region	Wallonie
Greenway	Line 147

#### 3. Main institutions involved and stakeholders (public & private)

Municipality of Gembloux  
Association Je Cours Pour Ma Forme à Gembloux.  
Gembloux Omnisport - Centre-Sportif de l'Orneau/

Greenway  
Wallonie mobilité infrastructures SPW  
Chemins du Rail - <https://www.cheminsdurail.be/>

#### 4. Greenway where the good practise is located at, short description: (in case it is not a greenway pls to mention)

RaVel Line 147 greenway from Sombreffe to Lincet is a 44 km long greenway, using a former railway, suitable for all kind of user, recommended as family itinerary. It is located in Belgium, in the Walloon Region. The crossed landscapes are mainly vast areas of low, even farmland marked here and there by imposing Brabant farms.

There are a few sparse railway buildings heritage, such as Ramillies railway station in the place known as 'Croix de Hesbaye' or Racour railway station bear witness to the important role played by railways at the time when everything went by train.

The section where the activity takes place is in Gembloux  
<https://ravel.wallonie.be/home/itineraires/local/ligne-147.html> .

#### 5. Description of the implementation and resources needed

Currently (2022-23) about 250 people participate in this sport programme; 20-25 persons per group, distributed in 6 levels

The programme lasts 12 weeks, starting in autumn. In this edition the programme started on the week of 19 September, and the certificate is given on Sunday 11 December.

There are 3 training sessions per week, 1 guided by a professional trainer and 2 others from home or with members of the group; many of the participants meet to train as a group during the week, as it is an activity of proximity.

Meeting point held in l'Ourneau sports centre with changing rooms, showers and toilets; very close and connected to the RAVEL in a non-motorised accessible way,

Training is partly carried out on the greenway. Initiation groups use the greenway more, since it is very easy to guide the group in this itinerary; the greenway allows those who go faster to go back to regroup

with the group, as it is a clear itinerary, there is no loss.

Registration is online and costs €30 but can be reimbursed by the mutuality, as part of the physical activity and health policy; reimbursement can be requested via the website.

A training and health card is provided to participants with their registration, with an explanation of the programme and health tips, including nutrition, and a training guide, using a card game. The coach complements the training guide, in the weekly guided training sessions, and follows the progress of the programme. The training guide is filled in regularly to measure progress, along with various health tests.

The program is aimed at a wide range of participants from people who are not physically fit (overweight, convalescents and other forms of sedentary lifestyles) and who wish to enjoy a sport with a physical but also psychological objective; to people in good physical condition who wish to improve their jogging skills over a distance of more than 10 km. The main objectives of the program are health, friendliness and efficiency, it has no competitive spirit.

The quantified objective is the number of kilometres travelled by the participant during the end-of-cycle test (1, 5, 10,... km). This test can be organised in the usual training place or during an event (a race) that indicates the distance to be covered. Participants are rewarded with a diploma at the end of this test.

These are the levels:

- Preparatory level
- Level 1 (0-5km)
- Level 2 (5-10km official)
- Level 2 (5-10km softened)
- Level 2 (5-10km reinforced)
- More a specific group for 12-18 years old.

The most demanded level is 5-10Km, softened. There are 2 groups for beginners; people who have not done anything before or have had to stop for different reasons, injury, illness, also people with depression. It is highly recommended to do a group activity.

Necessary equipment: clothes adapted to the sport and comfortable shoes, and to the weather conditions of the moment (torch and reflective waistcoat).

This programme is carried out in different municipalities of the Wallonia region and even though it's not exactly developing on the RAVel, the greenway is being used for the sports practice.

#### 6. Explain why this sport initiative is exemplary and its potential for learning or transfer

It is an accessible, effective and inexpensive activity in terms of time and money. Furthermore is open to anyone regardless of physical condition, it allows to improve physical activity, and has no competitive spirit. Group dynamics play a major role in the success of the program, since they promote social communication between users, and bring them closer to exercise together in a healthy environment.

This can be transferred to different greenways that have some sports facilities nearby, with changing room facilities, showers and toilets; safe non-motorised access, a professional trainer with a training programme.

The infrastructure and sports facilities at the foot of RAVEL and the accessible and non-motorised access to them, contribute to the success of initiatives for sport, active leisure and health.

#### 7. Timescale (start/end date)/ years of the activity

Start of the programme in 2008. The programme lasts 12 weeks. The activity starts in autumn. Participants can move up to a different level once they have passed their own.

#### 8. Evidence of success

The programme is always a success: more than 3,000 people have participated in the programme in Gembloux since its launch in 2008.

The organiser did a survey, and the very positive results are published on the website, in the video presentation of the programme. It can be noted that 70% verify physical changes after the programme; 54% verify a decrease in stress; for 86% of the respondents the programme has made them want to move more. It shows the great importance of group dynamics in the success of the initiative: for 92% the group aspect has been a motivation to continue the programme. The data is also broken down in more detail, including also the gender difference.

This programme is promoted by the association ASBL Sport et Santé in Belgium, which aims to promote physical activity and health, helping people who want to be physically active for this purpose. It takes place in different municipalities in Wallonia. Other similar associations organise the programme in France and Switzerland, information is available on the website <https://www.jecourspourmaforme.com/fr/>

#### 9 Difficulties encountered/ lessons learned

No difficulties encountered, the only one mentioned is that after COVID the activity has been abandoned and it is more difficult to come back. It is an activity highly recommended.

#### 10 Further information / other relevant aspects Specifically Environmental awareness? Please indicate.

The existence of the sports fields at the foot of the greenway with safe non-motorised access; also open facilities for free use in Gembloux and also in other municipalities along the greenway, such as Perwez, are very positive to favour sport and outdoor leisure of proximity.

The groups usually meet at the Orneau sports centre. This centre encourages the reduction of energy consumption and cost expenditure in the centre, by providing practical and clear recommendations for users- (switching off lights, showers max 3 min ...). Users can find posters with the recommendations and download a guide on the website.

In this greenway, the RAVel 147 Line: there are some especial equipment for sport, at least in two municipalities that are connected to the greenway and easily accessible by foot or cycle: Gembloux and Perwez

##### **In Gembloux: Outdoor Fitness next to the RAVel 147 Line**

Installation of sports facilities for free use, for young people and people of all ages, just at the foot of the greenway, such as the skate park area, a basketball court and football pitch; the access is completely Free, additionally to the centre sportif Orneau.

The Orneau Sports Centre was built In 2013, along the N4. It includes a multi-sports hall with 3 fields, a multi-purpose room, a cafeteria, 2 meeting rooms as well as 10 players' changing rooms and 6 referees' changing rooms. It is accessible to soft mobility via the Ravel, the municipal stadium and the N4 (cycle track). It has a car park with 60/80 spaces. This centre is the meeting point for the sport activity I run for my form (Je Cours Pour ma Forme) presented as Best Practice about sport on greenways.

##### **In Perwez: Outdoor Fitness Trail next to the RAVel 147 Line**

Composed of ping-pong tables and a street workout course, this outdoor fitness area has been set up near the RAVeL 147 Line and the sports centre. Suitable for children and adults, it is aimed both at experienced athletes coming to do cardio and also suitable for beginners.

This fitness area is designed so that any users can meet and share different levels of activity, in groups or in an independent way. Didactic panels are installed to give the users the procedures to follow if they wish to train alone. The fitness course can also be a good complement to jogging.

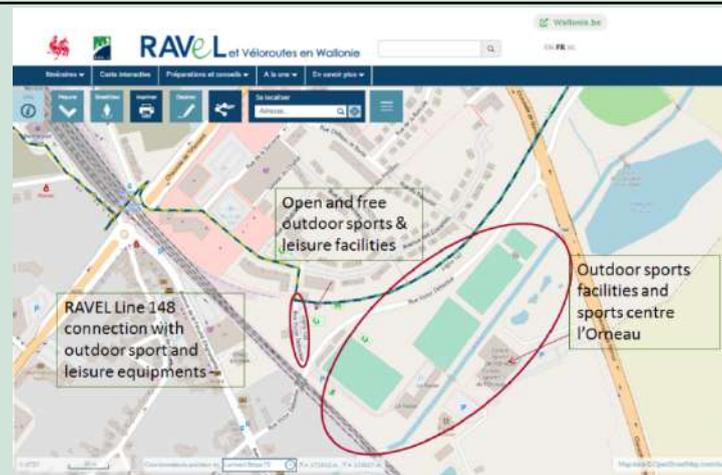
11. Contact of the Best practice manager /responsible. Web info, reference

Je Cours Pour Ma Forme. Association Sportive  
<https://www.gemblouxomnisport.be/activity/je-cours-pour-ma-forme/> (I run for my form Sport association).  
 Coach: Gembloux (Stéphanie Den Dauw.) - [gemblouxicpmf@gmail.com](mailto:gemblouxicpmf@gmail.com)

12. Links to other additional documents that could be helpful like brochures, videos, evaluation reports, webs links, etc. press article (previously included as a note)

Video: Program presentation, including results of the survey: <https://youtu.be/ENSjAcizeZg>  
<https://www.facebook.com/gemblouxomnisport/>

**RAVEL Line 147 - connected with Outdoor sport by a safe path, the former line 148**

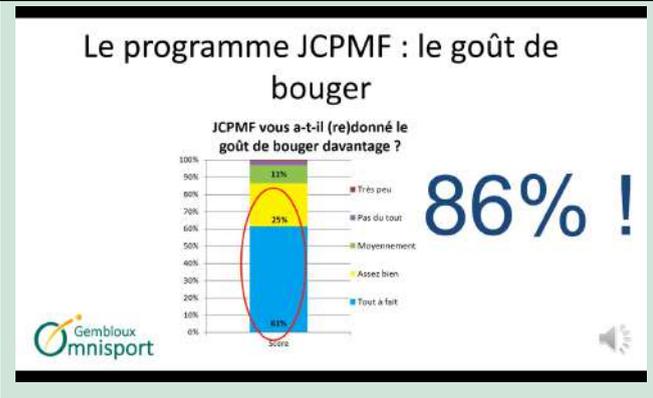
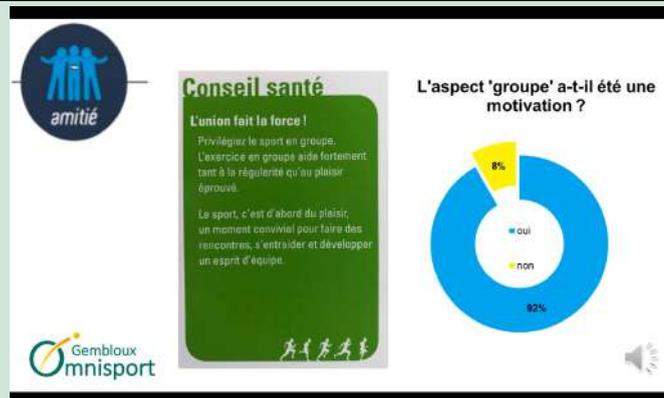
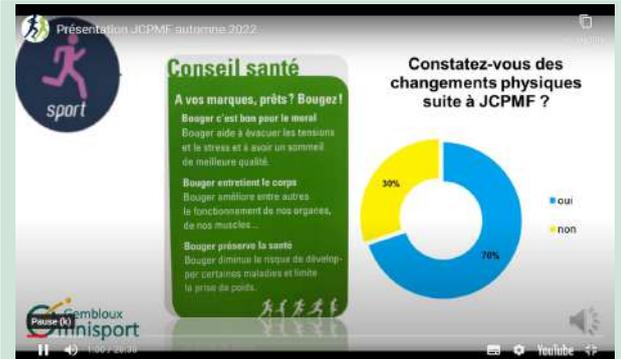


Sports centre of L'Orneau (Gembloux, Belgium), and map of its location near the Greenway L147. Photo & image: EGWA



Safe connection path to the Orneau sport centre and facilities (left). Skate park, basketball court and football pitch at the foot of the greenway in Gembloux (Belgium)(right). Photos EGWA

RAVEL Line 147 - connected with Outdoor sport by a safe path, the former line 148



Screenshots from the video presentation of the programme, showing some of the results of the programme evaluation survey <https://youtu.be/ENsjAcjzeZg>

Sources cited and interview with the programme trainer Stéphanie Den Dauw. 25/11/2022

Details of the project partner presenting the Best Practice: European Greenways Association.



Mercedes Muñoz Zamora, director

[direction@aevv-egwa.org](mailto:direction@aevv-egwa.org)

[www.aevv-egwa.org](http://www.aevv-egwa.org)

Date: 25/November/2022

## Best sport Practice in greenways & Why is exemplary?

### 1 Title of the Specific sport BP and summary

Join the **Café Welcome Veloclub** on this greenway! Club rides every Wednesday evening and Saturday afternoon.

### 2. Location of the practice

Country	Belgium
Region	Flandres
Greenway	<b>Kempen-Hageland route L 29</b>

### 3. Main institutions involved and stakeholders (public & private)

Café Welkom (is a bicycle café) and members of the club (60 members, not all active).

### 4. Greenway where the good practise is located at, short description: (in case it is not a greenway pls to mention)

#### **Kempen-Hageland route L 29**

The greenway goes through Herentals– Westerlo – Hulshout – Herselt – Aarschot (municipalities). Is going through a protected landscape area: [landscape park De Merode](#)

The railway section between Aarschot and Herentals (line L 29) has been converted into a greenway: the Kempen-Hageland route. In the 1980s, an asphalt bicycle bed was poured over the track bed, which currently forms a very valuable connection for commuter traffic, school-going children, and for recreational users who want to cycle from the Kempen to the Hageland and vice versa. But this bicycle road with its verges is also an important connecting road for many animal species. It's going to protected green areas. The bicycle path was also included in the bicycle highway network as the F106. The path does not yet have the properties that a greenway should have, although the municipalities involved are planning to upgrade the path. This also includes rebuilding the missing section between the bridge under the highway E313 and the railway station of Herentals.

### 5. Description of the implementation and resources needed

Join the Café Welcome Veloclub on this greenway!

Started in 2015, goal retro club. First spontaneous women's club and then mixed. Rikken & Yvonnekes: more girls than boys.

The boys are called "De Rikken", the girls are called "De Yvonnekes". Named after two famous champion cyclists in Flanders, de Rikken (Rik Van Steenberghe and Rik Van Looy) and behind Yvonne Reynders (also a famous female champion cyclist in the past)!

Club rides every Wednesday evening and Saturday afternoon.

How do you become a member? No membership fee. The cycling hub ask you buying a uniform. Short sleeves, shorts, socks and a hat!

No resources needed. The club just needs bicycles and enough participants to start the weekly ride on Wednesday evening and Saturday afternoon. (\* See note below).

### 6. Explain why this sport initiative is exemplary and its potential for learning or transfer

Greenways in Belgium are sometimes underused in the countryside, which can also lead to a feeling of social insecurity by cycling/walking alone on the track. A friendly cycling club can remedy this by regularly using the greenway in group which makes it feeling more safety and social comfortable.

The café offers a club atmosphere with a warm welcome and a socially friendly place to meet other cyclists; this is especially important after the long period of isolation imposed by COVID. The club shows that it is possible to ride any type of bike, regardless of price and model; conveying the idea that cycling is a "democratic" activity, in which anyone with any type of bike can participate and is welcome. Thus, to mark the difference with some cycling clubs in the region that use high-end equipment, which limits participation to those who can afford it.

7. Timescale (start/end date)/ years of the activity

The veloclub Started in 2015.

8. Evidence of success

Years of activity (from 2015) and number of participants (about 60, not all actives)

9 Difficulties encountered/ lessons learned

Sharing the same space on the greenway – with different speed - is sometimes difficult.

10 Further information / other relevant aspects Specifically Environmental awareness? Please indicate.

Cycling through landscape park de Merode means: no waste on the greenway and respect for nature and local heritage is necessary.

11. Contact of the Best practice manager /responsible. Web info, reference

[info@cafewelkom.be](mailto:info@cafewelkom.be)

Cycling hub Café Welkom: (1,5 km from the greenway) Ring 20 Noorderwijk (Herentals)

12. Links to other additional documents that could be helpful like brochures, videos, evaluation reports, webs links, etc. press article (previously included as a note)

<https://www.facebook.com/cafewelkomnoorderwijk>

<https://www.wielercafes.nl/cafe-welkom/>

<https://www.instagram.com/cafewelkom/>

<http://www.cafewelkom.be/>



<https://www.cafewelkomindetour.be/>



2015-11-02 L29 Aarschot - Herentals © Velo-ravel.net , Shared document: <https://bit.ly/3Fju8Sf>

(\* Interview with Jo Helsen owner of Café Welcome, <http://www.cafewelkom.be/> Noorderwijk. by Karen Verboven (Landscape Park de Merode) and Kris Rockele (Antwerp provincie)

Details of the project partner presenting the Best Practice: Kris Rockelé, advisor Leisure department Province of Antwerp, Flanders/Belgium. (EGWA member) 14 December 2022



## Best sport Practice in greenways & Why is exemplary?

### Austria (Innovative Education Center)

1. Title of the Specific sport BP and summary (maximum 5 lines):

**Thayaland e-bikes on tour (Theo):** The new electric bike rental system that gives services in a unified way to the territory of the future Thayaland region and two communities of the small region ASTEG. The 15 communities of the Thayaland and two communities (Göpfritz/Wild and Schwarzenau) of the ASTEG region manage this service together with their partners.

The e-bike rental system takes advantage of the 3 TOP cycling routes—the Thayarunde cycle path, Kamp Thaya March cycle route, and the Eurovelo13—this municipal rental system advances mobility in the Waldviertel and is a fresh, innovative development.

2. Location of the practice

Country	Austria
Region	Waldviertel
Greenway	Thayarunde

3. Main institutions involved and stakeholders (public & private)

Municipalities involved in THEO e-bike rental system: District of Waidhofen an der Thaya , composed of 15 municipalities, and 2 of the small region of the ASTEG.

The small region Zukunftsraum Thayaland is located in the northern Waldviertel and consists of the 15 municipalities of the district Waidhofen an der Thaya. The following communities are members of the Region Zukunftsraum Thayaland: Market town of Dietmanns, Market town of Dobersberg, Market town of Gastern, Municipality of Groß-Siegharts, Market town of Karlstein an der Thaya, Market town of Kautzen, Market town of Ludweis-Aigen, Municipality of Pfaffenschlag, Municipality of Raabs an der Thaya, Market town of Thaya, Market town of Vitis, Municipality of Waidhofen an der Thaya, Municipality of Waidhofen an der Thaya-Land, Market town of Waldkirchen an der Thaya, Market town of Windigsteig. (For more information please see <https://www.thayaland.at/>)

Private partner companies involved in THEO e-bike rental system: Tischlerei Wistril, Information office Zukunftsraum Thayaland, GH Schneider “Zur Hammerschmiede”, GH Failler “Zum Goldenen Lamm”, GH Wildrast, Pension Schloßplatzl – Thomas Schrenk, JUFA Hotel Waldviertel, Hotel Thaya – Franz Strohmer, Landgasthof Haidl, Municipal office of Schwarzenau, Nah & Frisch Nitsch, Bike shop Kreil, Tiles Lauter, Stadthotel Waidhofen

4. Greenway where the good practise is located at, short description: (in case it is not a greenway pls to mention)

The Thayarunde cycle path runs mostly on the former Waidhofen/Thaya-Slavonice and Göpfritz/Wild-Raabs/Thaya railway lines and the length is about 50 Km. These 2 Routes are connected with low traffic-routes and paths (61 Km) all stages are about 111 KM.

The municipal rental system sets new steps in mobility in the Waldviertel and is a new, pioneering development as a central offer for the Thayaland cycle region with the 3 TOP cycle routes Thayarunde cycle path, Kamp Thaya March cycle route and the Eurovelo13.

The map of the route network is available everywhere along the Thaya Tour, in municipal offices, Theo partner companies and in the information office of the future region of Thayaland in Dobersberg. The Thayarunde app, which is available free of charge, also shows all the sights and restaurants in the area. There is also information about current opening hours.

5. Description of the implementation and resources needed

Bicycles that have been purchased or rented must have their batteries maintained annually when safety is taken into consideration. Additionally, it is advised against using it outside of the appropriate usage season in order to safeguard the battery's health and avoid any potential accidents.

Source: [https://www.meinbezirk.at/voelkermarkt/c-lokales/e-bikes-haben-jetzt-wieder-saison\\_a4525874](https://www.meinbezirk.at/voelkermarkt/c-lokales/e-bikes-haben-jetzt-wieder-saison_a4525874)

6. Explain why this sports initiative is exemplary and its potential for learning or transfer

In addition to being a helpful tool for exploring Thayarunde Greenway, it offers a convenience that motivates individuals to maintain their health. They also provide bikes with features that may be used on the greenway as well as in the city. As a result, locals and visitors alike can use it with ease in their daily lives. Additionally, there is an application called Thayarunde App that makes it simple for visitors and locals to explore the city and greenway by giving them access to information like how to get there on a map.

In addition to these aspects, there are also environmentally friendly aspects of e-bikes: An e-bike or cargo bike could be utilized for short-distance transit within the city. Sustainable positive effects are had on the environment and everyone involved. In this context, it is also crucial to educate and inspire the businesses in small areas to travel short distances (for business visits) in a more ecologically friendly way, such as on an e-bike.

7. Timescale (start/end date)/ years of the activity

The opening of the Dobersberg - Waldkirchen - Slavonice section of the Thaya Tour took place at the Dobersberg train station in June 14th 2015. The entire Thaya circuit opened in 2016, along with the e-bike system that has evolved and grown over time.

There are 135 e-bikes in operation and they can be used 7/24. Detailed information about e-bikes can be found in the following brochures and also on the website.

**E-CITY FISCHER CITA 5.0i**

Labels: SHIMANO 1-Gang, NDU Verlos-Lernsattel für Hartertr. erglets, Superfile, Polverichtung, Leber, Bosch, Mittelmotor mit Thaya!

MOTOR	BRÜBE Drive C Mittelmotor 300W
RAMMEN	Alu Rahmen, 40, 20" - 44 cm
FARBE	Schwarzgrün matt
ANSAH	30/26, 41/39", Integriert P-10, 41 Lockset
DISPLAY	Computer mit LED, Bluetooth, Navigations APP
SCHALTUNG	SHIMANO Nexus 7 Gang Nabe
WETTLASER	Deinometeranzeige im Motor *
WRENSE/RODITRETTMUSSE	SHIMANO hydraulische Felgenbremse RS 11 1/2mm
US-FREIHEIT/SARS	SHIMANO 20x26 40mm
BELEUCHTUNG	LED 40 Watt
REIFEN	CONTINENTAL Reifex/Flanzenreiner
SATTEL/SITZSTUFE	Patent gelände, Hartertr.erglets
SCHLOSS	ABS Rahmenverriegelung
ZUG-GESSAMGEWICHT/SUMMGEWICHT	150kg (25-kg)
REICHWEITE	bis zu 100km

**E-MTB / 61755 FISCHER MONTIS 5.0i**

Labels: Gefährliches, ein Haupterglets, SHIMANO GX 10-Gang, Freise-Aktions mit Bluetooth, LED-Scheinwerfer, APP-Anzeige, Verlos-Lernsattel für Hartertr. erglets, hydraulische Schuberbremsen, Carbon Bosch, Mittelmotor

MOTOR	BRÜBE Drive C Mittelmotor 300W
RAMMEN	Alu Rahmen, 40, 20,5" - 49 cm
FARBE	Schwarzgrün matt
ANSAH	30/26, 41/39", Integriert, 41 Lockset
DISPLAY	Reise-Aktions mit Bluetooth, E-Connect APP
SCHALTUNG	SHIMANO GX 10-Gang Kette
TRITTLASER	Deinometeranzeige im Motor *
WRENSE/RODITRETTMUSSE	SHIMANO hydraulische Schuberbremsen BR 10/102/10mm
US-FREIHEIT/SARS	SHIMANO 20x26 40mm
BELEUCHTUNG	SHIMANO LED 40 Watt
REIFEN	CONTINENTAL MTB Buntlauf CR 16kg
SATTEL/SITZSTUFE	Patent gelände, Hartertr.erglets
SCHLOSS	FISCHER Rahmenverriegelung
ZUG-GESSAMGEWICHT/SUMMGEWICHT	155 kg/ 24 kg
REICHWEITE	bis zu 100km

Also, there is detailed information on how to use e-bikes on the website in both video and pdf form.

Video: <https://www.youtube.com/watch?v=bXzVsMN9o9A&t=11s>

Pdf:



Source: [https://www.meinbezirk.at/zwettl/c-lokales/stadtgemeinde-startet-e-bike-verleih\\_a943836](https://www.meinbezirk.at/zwettl/c-lokales/stadtgemeinde-startet-e-bike-verleih_a943836)  
<https://www.thayarunde.eu/ebike-verleih/>

#### 8. Evidence of success.

**Regarding the use of the greenway and cycle route:** Federal Councilor Eduard Köck indicates that last year (2021), 55,000 cyclists were measured at three fixed measuring points on the Thaya Tour. Regarding the THEO Thayaland e-bikes on tour.

Also, the Thayarunde is used diligently even in times of crisis. The latest measurement data shows only slightly fewer cyclists at Easter and on the weekends compared to the previous year. In the entire comparative period from the beginning of January to April 23 last year, 5660 guests rode and this year there were 4226 cyclists in the same period.

**Regarding the THEO Thayaland e-bikes on tour:** The municipalities in the district have set up an almost nationwide e-bike rental system, which they to expand further. It is also the largest e-bike rental system north of the Danube in Austria," says Federal Councilor Eduard Köck.

Source:  
[https://www.meinbezirk.at/waidhofenthaya/c-lokales/e-bike-verleihsystem-fuer-die-thayarunde-waechst\\_a5403304](https://www.meinbezirk.at/waidhofenthaya/c-lokales/e-bike-verleihsystem-fuer-die-thayarunde-waechst_a5403304)

#### 9. Difficulties encountered/ lessons learned

Rif's Anita Birklbauer, a sports scientist, examines e-bike-related issues. Birklbauer explains that an e-bike is entirely a bicycle and not a motorcycle. The special thing about the e-bike is the slight support that is given to the driver but they are heavier than conventional bikes. Birklbauer claims that self-overestimation frequently happens, for instance, when driving down a slope, and the weight of the e-bike can quickly turn into a burden.

One should become accustomed to the handling, advises Birklbauer: "At first, drive on flat stretches and practice corners; only later should you go downhill." Besides all this, Birklbauer is certain that riding an

e-bike is good for your health. "Stress adjustment training is beneficial because driving requires less physical effort." According to Birkbauer, the e-bike can therefore be a useful complement to commuting and leisure pursuits, particularly for people with heart conditions or high blood pressure.

Source: [https://www.meinbezirk.at/tennengau/c-sport/ein-e-bike-ist-kein-moped\\_a4664099](https://www.meinbezirk.at/tennengau/c-sport/ein-e-bike-ist-kein-moped_a4664099)

(\* The System works with the Linka-Go App (USA-California) and there is no possibility to include it in our Region-App. Because the Soft-Ware trader Linka will not open it. The monthly cost for running the system is very difficult to organise, because it depends on the lean-out processing. Now we have an agreement about the cost for the complete fleet for 3 years.

On the other side, we can track each bike via GPS and so we can close and open central the locks every time with our operator-management system. For the customers there it is very comfortable.

(\* Answer by the promoters of the THEO)

10 Further information / other relevant aspects Specifically Environmental awareness? Please indicate.

On the Thayaround Greenway, in order to better understand & examine the landscape on the route and raise awareness of the environment, the app contains information on different routes and places that appeal to all five senses. Also, they are listed separately on the official website:

<https://www.thayarunde.eu/5-sinne-radrunden/>

11. Contact of the Best practice manager /responsible. Web info, reference

Willi Erasmus  
TOURISMUSVERANTWORTLICHER

Telefon: +43 2843 26 135

Mobil: +43 664 256 3824

E-Mail: [willi.erasmus@thayaland.at](mailto:willi.erasmus@thayaland.at)

/

BR Mayor Ing. Eduard Köck

CHAIRMAN

Telephone: +43 2843 26135

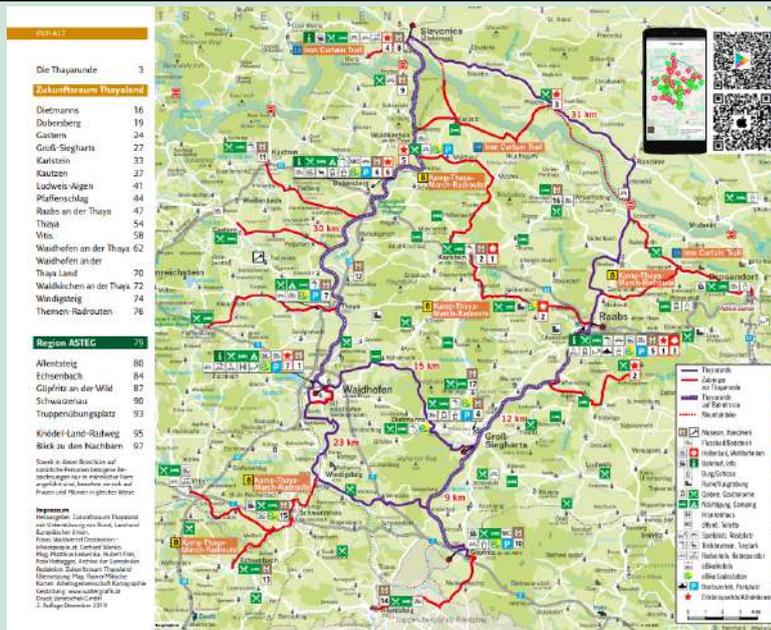
Email: [office@thayaland.at](mailto:office@thayaland.at)

12. Links to other additional documents that could be helpful like brochures, videos, evaluation reports, webs links, etc. press article (previously included as a note)

### Some pictures of the practice







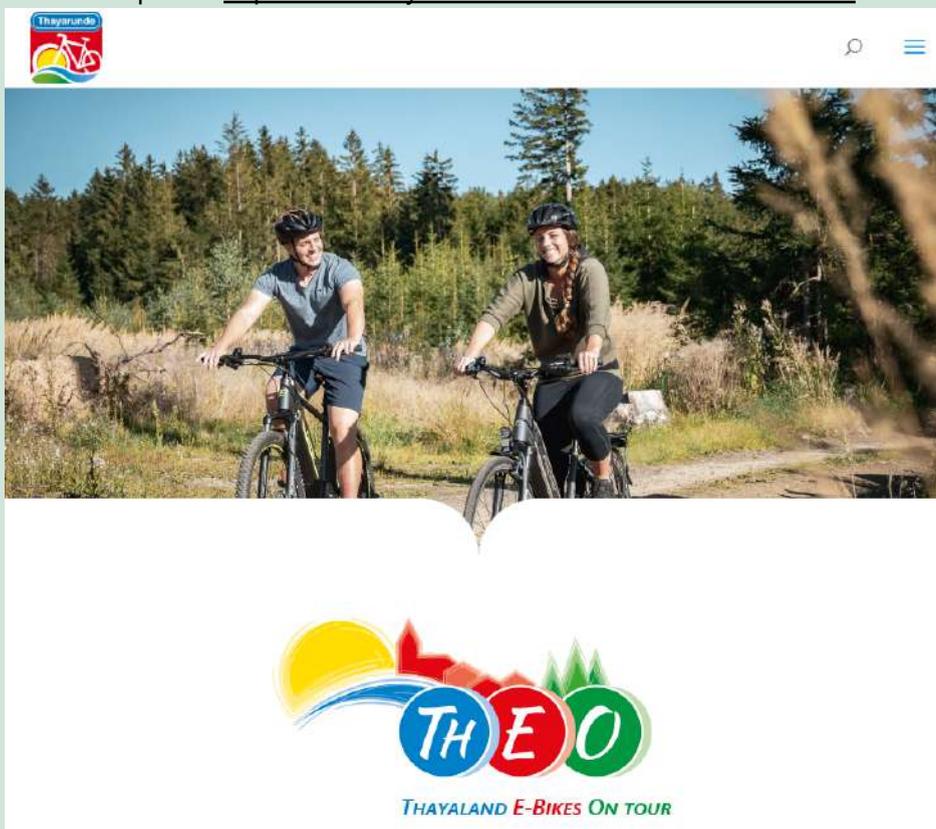
Source: <https://www.thayarunde.eu/wp-content/uploads/2016/12/Regionsbrosch%C3%BCre-2.Auflage.pdf>

**- Web links for E-bike Rental:**

E-bike Rental Companies' information: <https://www.thayarunde.eu/ebike-verleih/>

Charging station information: <https://www.thayarunde.eu/kontakt/#ladestation>

Service points: <https://www.thayarunde.eu/kontakt/#radservicestellen>



## 135 e-bikes in operation



city bike



mountain bike

Details of the project partner presenting the Best Practice: Innovative Education Center IEC

Date: 15/11/2022

## Best sport Practice in greenways & Why is it exemplary?

### Slovakia (OTI Slovakia)

1 Title of the Specific sport BP and summary:

*“Bicyklom po stopách SNP” (EN: “Discovering the Slovak National Uprising by bike”)*

Before the pandemic, in 2019, an event was introduced to celebrate the 75th anniversary of the Slovak National Uprising. It is a sport event combined with cultural inputs where participants were riding their bikes on the Cyklokorytnička greenway while discovering the history of the SNU. Various small stations were built on the greenways where participants could stop anytime and learn about the SNU.

2. Location of the practice

Country	Slovakia
Region	Žilina
Greenway	Cyklokorytnička

3. Main institutions involved and stakeholders (public & private)

The event was organised by the **municipality Ružomberok** (public body) in cooperation with the **Slovak federation of anti-fascist fighters RBK** (federation) and the **War History Club Ostrô**.

4. Greenway where the good practise is located at, short description: (in case it is not a greenway pls to mention)

*Cyklokorytnička* is located in the Liptov region of Slovakia starting in the city of Ružomberok and ending in the Korytnica spa. It crosses several villages and crosses the border of two national parks - Low Tatras and Great Fatra. It was built on the original railways which stopped all transport in 1974 and goes alongside the river Revúca.

5. Description of the implementation and resources needed

The event was implemented by the city of Ružomberok together with the Slovak federation of anti-fascist fighters RBK (federation) and the War History Club Ostrô. It was promoted online on social media and published with the agenda. Participants started off in Ružomberok at the beginning of Cyklokorytnička on their bikes and rode to Podsuchá which is a village located approximately 8,5 km from the start of Cyklokorytnička. Participants had a chance to stop along the way at many stops where they could learn about a specific aspect of the event and it was concluded with a display of war machinery and a discussion with a war historian.

6. Explain why this sport initiative is exemplary and its potential for learning or transfer

This type of event can be considered as a good practice since it combines sports practised on a greenway with a learning element, raising awareness of Slovak history and cultural heritage. Participants are encouraged to be physically active and motivated by introducing also cultural elements focused on an important part of Slovak history.

7. Timescale (start/end date)/ years of the activity

Event was so far organised only once in 2019 lasting one day. Because of the pandemic no events followed but there is a potential to re-introduce this type of activity on the Cyklokorytnička greenway.  
Date of implementation: 15.6.2019

#### 8. Evidence of success.

Due to lack of information on greenways in Slovakia and lack of initiatives to organise sport events and their documentation, we cannot provide specific figures such as cost, number of participants etc. Only piece of information regarding the attendance is the number of people confirming their participation on a Facebook event which was 62 at the time.

#### 9 Difficulties encountered/ lessons learned

Research of greenways in Slovakia and sports practices on them comes with many difficulties since this initiative is under-developed in Slovakia at this moment. Information provided to the public is lacking many figures and indicators which are required for extensive research. On the other hand, such research as the one being done in the SIGWAY project will be very beneficial in the future and could spark interest in Slovak organisations, associations and municipalities to further develop the research.

#### 10 Further information / other relevant aspects Specifically Environmental awareness? Please indicate.

Before the pandemic, there were other interesting sport events organised on the Cyklokrytnička greenway. Many events included cycling and were organised by the municipalities located on the greenway, for example 19/10/2019 the end of cycling seasons was celebrated by organising a public event. People from local areas and visitors were invited to join and together cycle the whole length of Cyklokorytnička.

Other sport events include for example dogtrekking event called “*Sobota v ľahu*” which was organised before the pandemic 2 years in a row in 2019 and 2020. It was organised by the municipality Liptovská Osada and published on social media (in 2019, 46 people registered with their dogs and in 2020, 70 people registered). The aim was to organise an inclusive amateur race involving people’s pets too. Participants were able to choose from two path options, an easier and more difficult one varying in length.

Event invitations:

[https://www.facebook.com/events/263218601287158/?acontext=%7B%22event\\_action\\_history%22%3A%7B%22surface%22%3A%22page%22%7D%7D](https://www.facebook.com/events/263218601287158/?acontext=%7B%22event_action_history%22%3A%7B%22surface%22%3A%22page%22%7D%7D)

[https://www.facebook.com/events/2215843608711880/?acontext=%7B%22event\\_action\\_history%22%3A%7B%22surface%22%3A%22page%22%7D%7D](https://www.facebook.com/events/2215843608711880/?acontext=%7B%22event_action_history%22%3A%7B%22surface%22%3A%22page%22%7D%7D)

In 2021, a new facility was opened at the beginning of Cyklokorytnička in the city Ružomberok providing visitors with electric scooters for rent

Facebook page:

<https://www.facebook.com/profile.php?id=100066675647583>

Celebration of the end of cycling season:



Dogtrekking event poster:



11. Contact of the Best practice manager /responsible. Web info, reference

Mesto Ružomberok - Municipality Ružomberok  
Address: Námestie A. Hlinku 1098/1, Ružomberok, 04301, Slovakia  
Email: [ruzomberok@ruzomberok.sk](mailto:ruzomberok@ruzomberok.sk)  
Phone number: +42144 431 44 27, +421 904 442 222

12. Links to other additional documents that could be helpful like brochures, videos, evaluation reports, webs links, etc. press article (previously included as a note)

**Press articles:**

- <https://www.visitliptov.sk/podujatie/bicyklom-po-stopach-snp/>
- <https://www.ruzomberok.sk/akcia/bicyklom-po-stopach-snp.html>
- [https://www.mtr.sk/videoarchiv/2019-06-17\\_SPRAVY\\_030\\_Bicyklom\\_po\\_stopach\\_SNP/](https://www.mtr.sk/videoarchiv/2019-06-17_SPRAVY_030_Bicyklom_po_stopach_SNP/)
- <https://www.ludrova.sk/bicyklom-po-stopach-snp-oznam/mid/372006/.html>
- <https://trip.slovakia.travel/event/013cbda9-770e-4787-b758-607fb2a76b87?lang=sk>
- <https://www.northslovakia.com/event/013cbda9-770e-4787-b758-607fb2a76b87?lang=sk>

**Facebook invitation:**

- <https://www.facebook.com/events/357543174950696/>

**Event poster:**



Mesto Ružomberok - Zväz protifašistických bojovníkov Ružomberok - Klub vojenskej histórie OSTRŮ

# BICYKLOM PO STOPÁCH SNP

**CYKLOKORYTNÍČKA**  
 Ružomberok - Korytnica

75. výročie Slovenského národného povstania

**15. 6. 2019**

- Začiatok podujatia o 10.00 hod.**  
 /Vstupná brána - Start CykloKorytničky/
- Ukážky historickej vojenskej techniky**  
 /Na trase CykloKorytničky Ružomberok - Lipt. Osada/
- Beseda s vojenským historikom**  
 /Vojnový park - Biely Potok/
- Atrakcie pre deti**  
 /Vstupná brána - Start CykloKorytničky/  
 minifánky, paintball

**14.00 REKONŠTRUKCIA BOJOV  
 OBRANA REVÚCKEJ DOLINY POČAS SNP**  
 miesto: Podsuhá /oddychová zóna/

BLIŽŠIE INFORMÁCIE:  
[WWW.RUZOMBEROK.SK](http://WWW.RUZOMBEROK.SK)

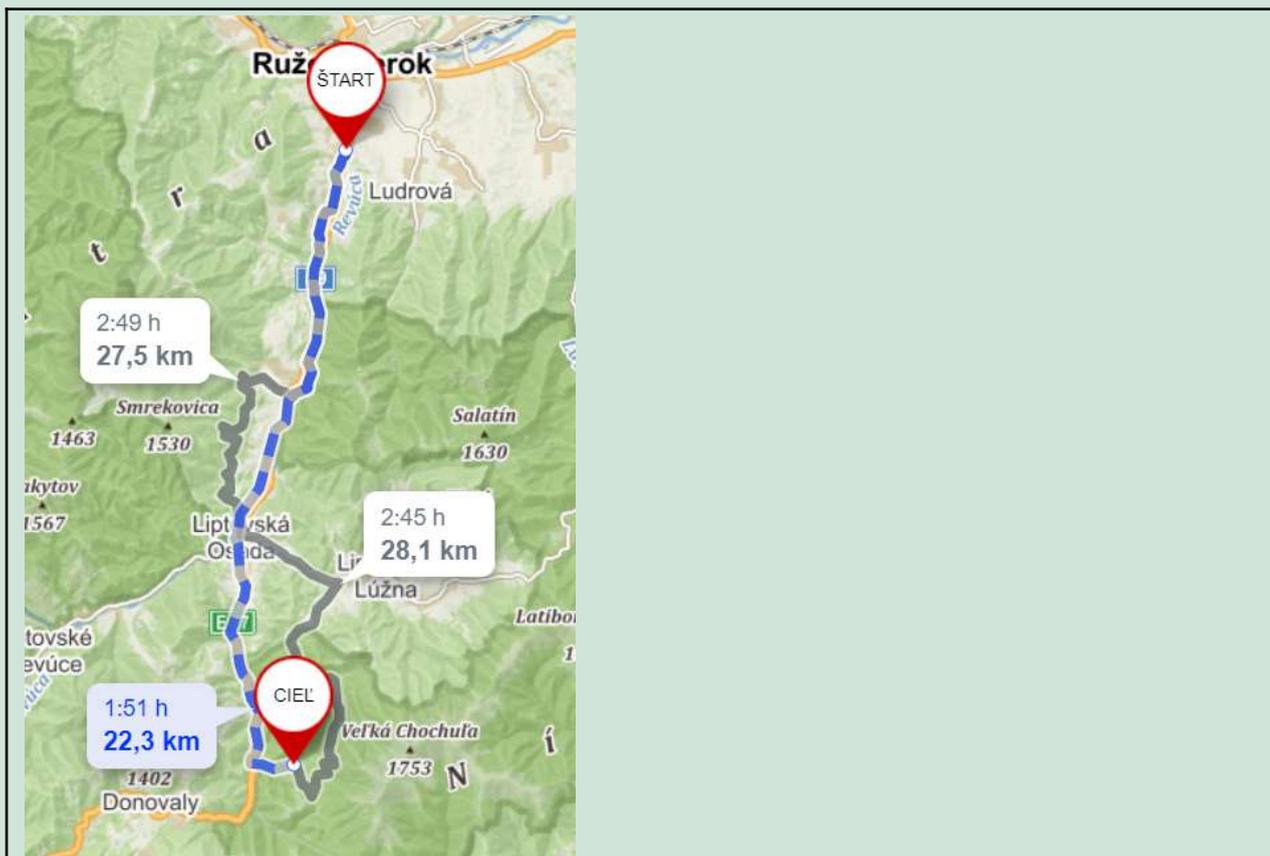
ZHŤAVA PRO OČERANIE VÝHREBŤA 

Cyklokorytnička pictures:





Map of Cyklokorytnička: [https://bit.ly/cyklokorytnicka\\_map](https://bit.ly/cyklokorytnicka_map)



Details of the project partner presenting the Best Practice: OTI Slovakia

Date: 14/11/2022



## Best sport Practice in greenways & Why is exemplary?

### Italy (Trekkiy)

#### 1 Title of the Specific sport BP and summary

“La SpoletoNorcia in MTB” ( Spoleto Norcia in MTB) is a bike race along the Former Spoleto-Norcia Railway.

#### 2. Location of the practice

Country	Italy
Region	Umbria
Greenway	Ex ferrovia Spoleto- Norcia / Former Spoleto-Norcia Railway

#### 3. Main institutions involved and stakeholders (public & private)

“La Spoleto Norcia in MTB” has been realised thanks to the support of different institutions and stakeholders. Some of the sponsors are:

- **MAIN SPONSORS:** Pietro Coricelli, Eurospin, Focarini, Italmatch Chemicals, Proietti Costa, Radio Subasio, Aboca, Manini Prefabbricati
- **INSTITUTIONAL PARTNERS:** Umbria Region, Province of Perugia ,Municipality of Spoleto, CONI, ARPA Umbria
- **TECHNICAL PARTNERS:** Enervit, Grifo Latte, REMOOVE, Fonte Tvllia, Piacentini caffè

#### 4. Greenway where the good practise is located at, short description: (in case it is not a greenway pls to mention)

Ex Ferrovia Spoleto-Norcia (Former Spoleto-Norcia Railway) was dismantled in 1968. The railway was a very important communication and connection route that allowed passengers to reach the upper Valnerina. The route (51 Km) has 5 km of tunnels.  
In 2014 the former railway was converted into a cycle and pedestrian path.

#### 5. Description of the implementation and resources needed

“La SpoletoNorcia in MTB” ( SpoletoNorcia in MTB) is a bike race along the Former Spoleto-Norcia Railway. The event is held every year and it is organized by the sport association [MTB CLUB SPOLETO](#), founded in 1992,  
Participants have the chance to choose among 4 different itineraries (short, medium and long), according to their technical and athletic skills.  
Spoleto Norcia in MTB aims to promote the Former Spoleto-Norcia Railway and, at the same time, to raise the awareness of the public authorities in order to speed up the complete restoration work.  
The event is financed by private supporters and managed by the volunteers of the MTB CLUB SPOLETO.

6. Explain why this sport initiative is exemplary and its potential for learning or transfer

The sport initiative described above is exemplary at the regional/national level, since it contributes to the economic local development of a remote rural area. Thanks to the promotion of the Spoleto-Norcia greenway, the area has experienced a concrete improvement of local tourism as well as the development of the tourism industry supply chain.

The initiative has also demonstrated a concrete learning potential. Since its inauguration, the green way has been used to promote green educational programs especially for young people. There are several associations offering schools educational field trips, to bring students closer to the natural environment. Pupils and students of Primary and Secondary Schools are offered educational trips with sports activities integrated with teaching, in which it is possible to experience the direct exploration of territories and contact with nature. One of the associations working in educational programs is called Norcia.Bike, and organises one or more days school trips in the Spoleto-Norcia Greenway. Some of the activities carried out for pupils include, rafting, mountain biking, cultural visits in the surrounding environmental education (<https://norcia.bike/gruppi-scuole/>)

To prove the effectiveness of it, in 2015, the itinerary formed by the Spoleto-Assisi bike path and the route of the former Spoleto-Norcia Railway was the overall winner of the Italian Green Road Award as part of the Cosmo Bike Show. The route, which allows people to discover the Umbrian Valley through enchanting and little-known locations, was awarded as the best green road in Italy.

7. Timescale (start/end date)/ years of the activity

1st week of September (every year)

8. Evidence of success.

“SpoletoNorcia in MTB” is a cycling event that attracts thousands of sports, bike and nature lovers. The event has reached its 8th edition with an ever-increasing influx that made the Spoleto Norcia in MTB the largest cycling event in Central-Southern Italy.

More than 19,000 participants from all over Italy and abroad. More than 20 sports, culture and entertainment events. 51: the kms of the route of the old railway, with 19 tunnels and 24 bridges and viaducts.

The event is supported by key partners (public institutions, private companies, technical partners, charity partner).

Source: <https://laspoletonorciainmtb.it/en/>

9 Difficulties encountered/ lessons learned

The greenway has been recovered and transformed into a beautiful bicycle path, but its potential has not yet been fully realised, especially because of a lack of territorial marketing.

In fact, along the route there are still many old stations that could be converted into refreshment points and bike grill services, while instead they are in a state of neglect that testifies to how cycling tourism, in our area, is still not perceived as a resource, despite the fact that all the requirements are there, both from a landscape and historical point of view, with a series of mediaeval villages and castles, but also food and wine.

Difficulties:

- Paperwork and bureaucracy: rules related to the safety and security at sports events
- Lack of cooperation with the managing authority (e.g maintenance of the greenway)
- Lack of funding

10 Further information / other relevant aspects Specifically Environmental awareness? Please indicate.

At the regional Level, the Spoleto-Norcia can be considered as an ecological and soft mobility route. The association “Spoleto-Norcia in MTB” promotes sport as a fundamental element of healthy living, an ally of well-being and a factor in the prevention of most chronic diseases. But cycling also contributes to a healthy lifestyle as an exemplary means of sustainable mobility.

In addition to this, the event *SpoletoNorcia in MTB* includes a programme of talks, held by outstanding relators, about the importance of nature for human well-being.

Moreover, during the event there is the possibility of participating in the trekking activities, organised by *SpoletoCammina* or in the inclusive cycle tour, format designed by the company Remoove, that provides electric pedal assisted bikes and trikes for all needs ( cargo bikes for carrying children, special-bikes to accommodate seniors or people with motor, cognitive or sensory disabilities).

11. Contact of the Best practice manager /responsible. Web info, reference

<https://laspoletonorciainmtb.it/en/>  
Luca Minestrini, [info@laspoletonorciainmtb.it](mailto:info@laspoletonorciainmtb.it)

12. Links to other additional documents that could be helpful like brochures, videos, evaluation reports, webs links, etc. press article

**Videos of the BP**

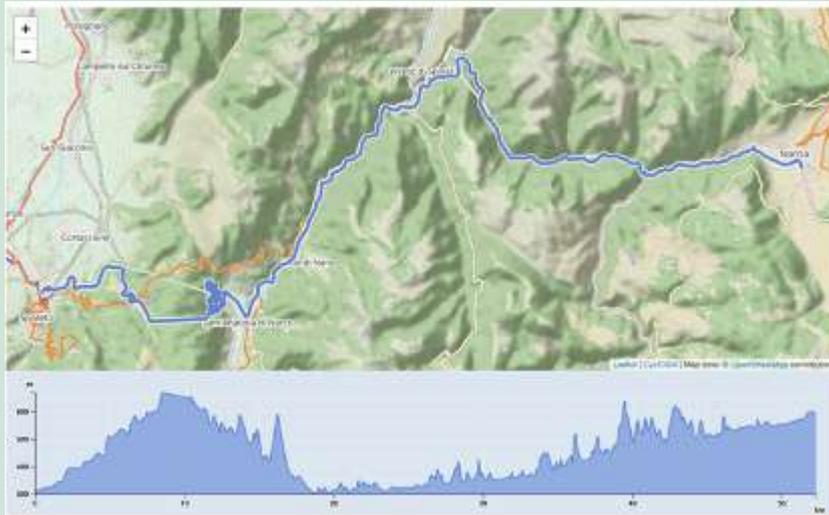
[La SpoletoNorcia in MTB - sulla meravigliosa Vecchia Ferrovia Spoleto Norcia](#)  
[La Spoleto Norcia in MTB](#)

[Article](#) from the Italian news website TGCOM

**Pictures of the BP**



### Map image of the greenway



Source: SibilliniBikeMap -

Details of the project partner presenting the Best Practice: ASD TREKKIFY

Irene Morici, Elena Volterrani,  
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[www.trekkify.it](http://www.trekkify.it)



Date: 10/11/22

## Best sport Practice in greenways & Why is exemplary?

### Greece (ANCE)

#### 1. Title of the Specific sport BP and summary

National pass of Vouraikos Gorge

#### 2. Location of the practice

Country	Greece
Region	Peloponnese
Greenway	Kalavryta – Diakopto (Odontotos)  *This is not a greenway since the Railway (Odontotos) is still active as a tourist train with few routes per day.

#### 3. Main institutions involved and stakeholders (public & private)

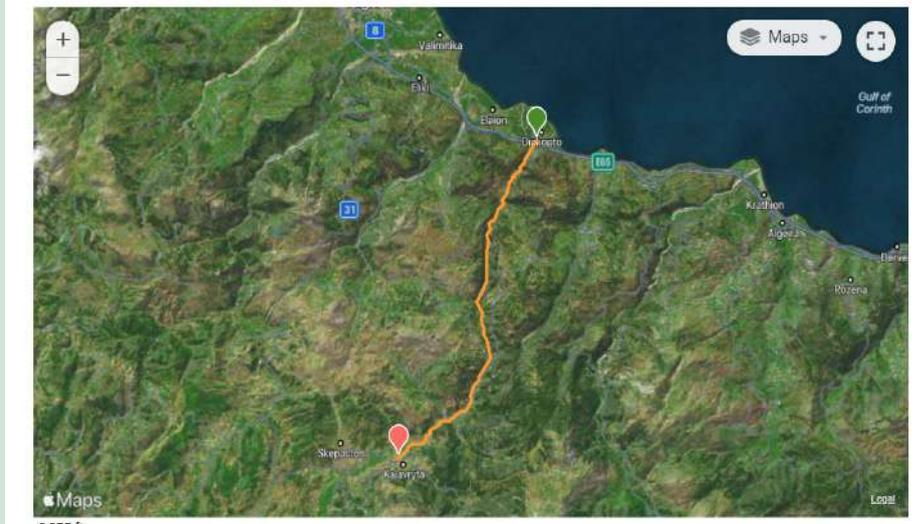
Public: Municipality of Kalavryta,

Private: Mountaineering-Skiing-Climbing-Climbing-Environmental Protection Association of Kalavryta

#### 4. Greenway where the good practice is located at, short description: (in case it is not a greenway pls to mention)

This good practice is implemented in Vouraikos gorge in Peloponnese where [Odontotos](#) – the historical/touristic railways passes. These railways are still active with 3 routes per day (Diakopto – Kalavryta). Many groups are trekking through this route since it's well known for its beauty and valuable nature, where Vouraikos river passes, waterfalls, and caves with stalactites and stalagmites are. The route is marked as European path E4 and leads from Diakopto to Kalavryta. The train is incorporated well into the natural environment and it seems like it was always located there. People who have experienced going through this passage describe it as a route with natural beauty and extraordinary views.

✓ [The map of the path](#)



#### 5. Description of the implementation and resources needed

The selected best practice **National Pass of Vouraikos Gorge** takes place every year during the second weekend of May and it is a private initiative with the collaboration of the municipality of Kalavryta and other public authorities' support, aiming to empower the visibility of the area through outdoor activities. It is worth mentioning that there are hundreds of visitors this weekend- an event boosting the local- rural economy.

In order to pass from Vouraikos gorge (parallel to the train lines) and for safety reasons you need to inform beforehand the train authorities that a group of people will be passing through the railways.

#### 6. Explain why this sport initiative is exemplary and its potential for learning or transfer

This initiative is organized by the *Mountaineering-Skiing-Climbing-Climbing-Environmental Protection Association of Kalavryta* since 1980 on an annual basis. The overall event included both outdoor sports activities (mainly trekking through the Gorge) but at the same time, infodays and talks were organized the day before in order to raise awareness about various environmental topics. Every year, various trekking, hiking, and generally sports associations, groups and clubs are invited to the event firstly to experience the beauty of the route and secondly to support the initiative.

#### 7. Timescale (start/end date)/ years of the activity

The initiative started in 1980 and is implemented every second weekend of May, every year.

#### 8. Evidence of success

The continuation of the event every year and the support from the authorities (municipal and regional authorities, Trainose support as well as other stakeholders) explain the progress and the success of the event. The event supports the local economies and empowers visits to the area outside the winter period which is the main season for visiting the area.

Specifically, the event is a result of the coordination of the *Mountaineering-Skiing-Climbing-Climbing-Environmental Protection Association of Kalavryta and the*

collaboration between various organizations in the area such as trekking, hiking, climbing groups, associations and individuals. Additionally, the event brings together different public authorities such as [Trainose \(Hellenictrains\)](#) which support the event, as well as the transportation of the visitors/ participants in specific hours as well as the [Olympia Odos](#) (national highway in Peloponnese), the Hellenic Federation of Mountaineering and Climbing and other relevant organizations and associations from the area, supported the event. Moreover, every year the local stakeholders (shops, restaurants, individuals) support the event as sponsors and dissemination promoters. The main event which is the passage of the Vouraikos Gorge takes place on the second day (Sunday) of the event while the day before there are various events, presentations and talks about environmental awareness and the local culture.

The overall cost of the event is around 7.000 euros mainly spent on the dissemination campaign and amenities for the participants.



Photo retrieved from:  
<https://karidotsouflo.gr/pezoporia-sto-faraggi-toy-odontotoy-v/>



Photo retrieved from:  
<https://karidotsouflo.gr/pezoporia-sto-faraggi-toy-odontotoy-v/>



Photo retrieved from:  
<https://karidotsouflo.gr/pezoporia-sto-faraggi-toy-odontotoy-v/>



Photo retrieved from:  
<https://www.wortheverymile.com/diaschi-ontas-to-faraggi-toy-voyrai-ko/>



Photo retrieved from:  
<https://www.meparea.gr/pezoporiki-diimeri-ekdromi/>



Photo retrieved from:  
<https://www.meparea.gr/pezoporiki-diimeri-ekdromi/>

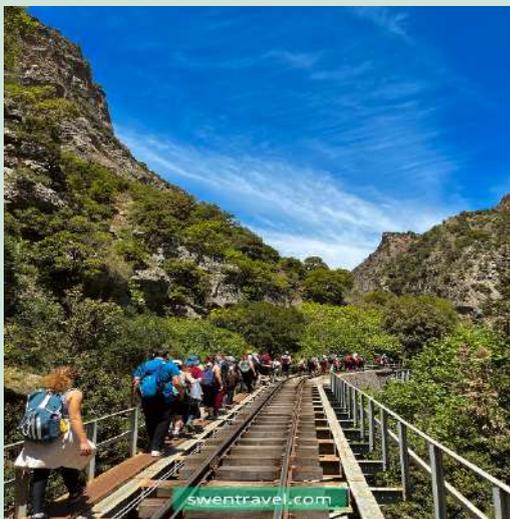


Photo from [www.Swentravel.com](http://www.Swentravel.com)

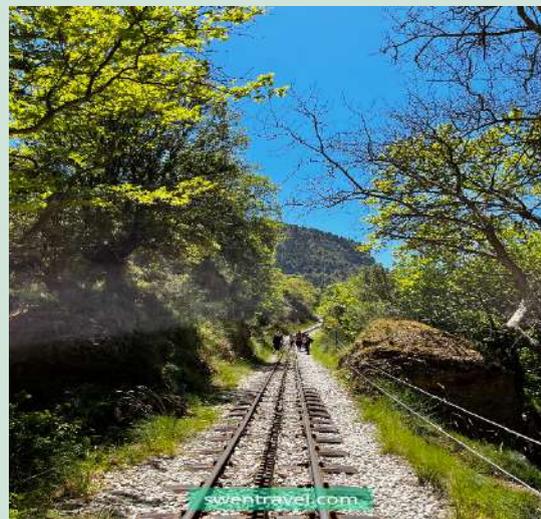


Photo from [www.Swentravel.com](http://www.Swentravel.com)

#### 9 Difficulties encountered/ lessons learned

The main difficulty faced is the funds. The organisers are a small group of people who are trying to collect funds from various stakeholders in order to support the dissemination of the event and upgrade the amenities offered to the participants during the event.

One of the main highlight mentioned by the manager of the event is that since they first organised the event 42 years ago they see people coming every year and as the years pass these people come with their children and grandchildren which support the intergenerational dialogue and the active ageing.

#### 10 Further information / other relevant aspects Specifically Environmental awareness? Please indicate.

During the event, there are several activities and informational speeches about environmental awareness both in the area and also targeting the Sustainable Development Goals awareness. Every year during these speeches many stakeholders, scholars and politicians are participating and engaging in discussions about the environment, green practices and climate change. The event is supported and

co-organised with the Nature Friends of Greece an NGO aiming to support sustainable development goals and the protection of the environment.

<https://www.naturefriends.gr/>

**41rst National Pass in Vouraikos Gorge:** Video of discussions about environmental awareness (during the pandemic that the forum was held online).

11. Contact of the Best practice manager /responsible. Web info, reference

**Xarilaos Ermeidis**

<https://www.facebook.com/eoskalavrita/>

<https://www.gtp.gr/TDirectoryDetails.asp?id=62270&lng=1>

12. Links to other additional documents that could be helpful like brochures, videos, evaluation reports, webs links, etc. press articles (previously included as a note)

Here are some visibility materials from the event:

the [press release for the event](#).

Tribute to the 42<sup>nd</sup> pass of the Vouraikos gorge by [local online newspapers](#).

Announcements in national websites [Athinorama \(travel section\)](#) , [inews.gr](#)

[Video by participant groups](#) , [video from 2019](#) , [tv video from 2019](#)

Details of the project partner presenting the Best Practice:

ANCE –Hellas

Project Manager: Nefeli Papagiannakou [npapagiannakou@ance-hellas.org](mailto:npapagiannakou@ance-hellas.org)



Date: 15/11/2022

Updated: 1/12/2022

## Best sport Practice in greenways & Why is exemplary?

### Portugal (ADCS)

#### 1 Title of the Specific sport BP and summary

“Dão CiclyPhoto” it’s a sports activity where students will have the opportunity to cycle along the Dão Greenway and learn more and learn more about Viseu Dão Lafões Region.

#### 2. Location of the practice

Country	Portugal
Region	Center - Viseu Dão Lafões Region
Greenway	Dão Greenway (Ecopista do Dão)

#### 3. Main institutions involved and stakeholders (public & private)

Municipalities of Santa Comba Dão, Tondela, Viseu and the CIM Viseu Dão Lafões

#### 4. Greenway where the good practise is located at, short description: (in case it is not a greenway pls to mention)

This part of the Greenway where this activity is developed and promoted it’s located in the Municipality of Santa Comba Dão. This Municipality it’s one of the three municipalities crossed by the 49,2 Km of the Greenway.

#### 5. Description of the implementation and resources needed

The participants just need a bicycle and a smartphone that can take photos. The participants will start at the same time in different teams and will ride a bicycle for 5 kms, they will take pictures across the way related with the topics of cycling, environment and the Dão Greenway. The most voted and best pictures on each topic will win the competition. This pictures will be used in a campaign for promotion of the environment and cycling in the Greenway.

#### 6. Explain why this sport initiative is exemplary and its potential for learning or transfer

This is a very cheap way of making a good activity with less resources. It’s a very interesting activity and can be transferred to any greenway in the world. It’s a very good activity for high school students.

#### 7. Timescale (start/end date)/ years of the activity

This is a very recent activity only started after the pandemic and it’s been implemented in this school year.

#### 8. Evidence of success.

We do not have this information but some classes of Santa Comba Dão schools have already participated. This is a very recent activity.

In contact with the CIM Dão Lafões, we were informed that they don’t have any data about the participants from the schools on the region that participate in this kind of activity because the greenway is open and the schools are the organisations that decide if they are going to use it or not.

This activity is also very recent in the region so this means that the number of students that could had a chance to participate it's for sure very low, and can become higher in the future.

9 Difficulties encountered/ lessons learned

It will not work well in days with bad weather particularly in the winter.

10 Further information / other relevant aspects Specifically Environmental awareness? Please indicate.

N/A

11. Contact of the Best practice manager /responsible. Web info, reference

CIM Viseu Dão Lafões: [secretariado@cimvdl.pt](mailto:secretariado@cimvdl.pt)  
Website: <https://www.cimvdl.pt>

12. Links to other additional documents that could be helpful like brochures, videos, evaluation reports, webs links, etc. press article (previously included as a note)

**Brochure:** [https://valorizateviseudaolafoes.pt/wp-content/uploads/2020/01/Guiao\\_Ecopista\\_Santa\\_CombaDao\\_AF\\_V1.pdf](https://valorizateviseudaolafoes.pt/wp-content/uploads/2020/01/Guiao_Ecopista_Santa_CombaDao_AF_V1.pdf)  
**Website:** <https://valorizateviseudaolafoes.pt/descobre-e-aprende-em-vdl/#indicator>

Details of the project partner presenting the Best Practice:  
Paulo Jorge Araújo  
Project Manager - ADCS Carvalhais – Portugal.



Date: 20/12/2022

