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1. HIKE website

April 2024

03/04/2024:

<https://hike-project.eu/embark-on-a-journey-to-well-being-the-launch-of-the-hike-project/> -ENG

<https://hike-project.eu/in-viaggio-verso-il-benessere-il-lancio-del-progetto-hike/> - ITA

May 2024

30/05/2024:

<https://hike-project.eu/exciting-news-the-hike-project-website-is-officially-launched/> - ENG

<https://hike-project.eu/il-sito-web-del-progetto-hike-e-ufficialmente-online/> - ITA

June 2024

11/06/2024:

<https://hike-project.eu/hike-at-the-training-academy-of-cultural-routes-of-the-council-of-europe/> - ENG

<https://hike-project.eu/hike-presentato-alla-training-academy-degli-itinerari-culturali-del-consiglio-deuropa/> - ITA

24/06/2024:

<https://hike-project.eu/get-ready-to-hike-sneaky-preview-at-the-walking-events-across-italy-greece-and-turkiye/> - ENG

<https://hike-project.eu/pronti-a-metterci-in-cammino-con-hike-in-italia-grecia-e-turchia/> - ITA

July 2024

13/07/2024:

<https://hike-project.eu/hike-is-looking-for-influencers-to-document-its-activities/> - ENG

<https://hike-project.eu/hike-cerca-blogger-per-documentare-i-propri-eventi-outdoor/> - ITA

August 2024

07/08/2024:

<https://hike-project.eu/kick-off-of-the-hike-walks-see-you-in-puglia-in-september/> - ENG

<https://hike-project.eu/la-via-francigena-ti-aspetta-in-puglia-prenota-ora-il-tuo-posto/> - ITA

22/08/2024:

<https://hike-project.eu/free-workshop/> - ENG

<https://hike-project.eu/workshop-benessere-fisico/> - ITA

September 2024

19/09/2024:

<https://hike-project.eu/hike-kicked-off-in-puglia-along-the-southern-via-francigena/> - ENG

www.hike-project.eu/hike-arriva-in-puglia-lungo-la-francigena-del-sud/ - ITA

25/09/2024:

[European Week of Sport 2024: #BeActive with HIKE - HIKE \(hike-project.eu\)](https://hike-project.eu/settimana-europea-dello-sport-2024-beactive-con-hike/) - ENG

<https://hike-project.eu/settimana-europea-dello-sport-2024-beactive-con-hike/> - ITA

02/10/2024:

www.hike-project.eu/hike-saluta-la-puglia-con-un-weekend-allinsegna-di-sport-e-natura/ - ENG

<https://hike-project.eu/hike-second-weekend-of-events-in-italy-between-sports-and-nature/> - ITA

October 2024

16/10/2024:

<https://hike-project.eu/edessa-hosts-an-international-meeting-on-wellness-and-healthy-lifestyle/> - ENG

<https://hike-project.eu/edessa-sede-di-un-meeting-internazionale-sul-benessere/> - ITA

21/10/2024:

<https://hike-project.eu/hike-project-showcased-at-the-eavf-general-assembly/> - ENG

<https://hike-project.eu/ll-progetto-hike-presentato-allassemblea-generale-di-aevf/> - ITA

December 2024

02/12/2024:

<https://hike-project.eu/hike-meets-crossroads-of-cultural-routes-in-besancon/> - ENG

<https://hike-project.eu/hike-at-the-7th-annual-greek-trails-network-conference/> - ENG

13/12/2024:

<https://hike-project.eu/hike-inspires-local-hiking-community-in-bologna/> - ENG

<https://hike-project.eu/il-modello-hike-ispira-la-community-escursionistica-locale-di-bologna/> - ITA

HIKE at the Training Academy of Cultural Routes of the Council of Europe

11/08/2024



The project was proudly presented at the annual **Training Academy of Cultural Routes** conducted in Brindisi. This event, held on 4 - 7 June 2024, brought together 100 representatives from 37 cultural routes across 22 European countries.

European Week of Sport 2024: #BeActive with HIKE

25/09/2024



The European Week of Sport, celebrated on 23 - 30 September 2024 is an initiative focused on encouraging physical activity and raising awareness about the importance of an active and healthy lifestyle. Launched in 2018 by the European Union, it aims to combat sedentary behavior and related diseases by

HIKE project showcased at the EAVF General Assembly

20/10/2024



On 18 October the General Assembly of the European Association of the Via Francigena (EAVF) took place in Monte Sant'Angelo, 2024 Capital of Culture of the Puglia Region and home of two UNESCO World Heritage sites. The event was attended by over 130 stakeholders and partner associations from the four member states of the Association: Italy, Switzerland, France and Finland.

Exciting News: the HIKE Project Website is Officially Launched!

30/05/2024



We're thrilled to announce the launch of the HIKE project's official website today! This new platform will feature detailed information about the participating routes, free excursions, and activities planned in the three countries involved in the project. Here participants will find trail maps, event schedules, and registration procedures. The news section will gather updates, insightful and inspirational materials, navigation hints, hiking gear, and lifestyle while the main

Hiking through nature in the Italian Murgia

20/11/2024



On 17 October 2024, a group of nature enthusiasts, inspired by the HIKE project, explored the stunning Canale di Piro, an expansive karst landscape located in the heart of Murgia (Apulia region, Italy). Following up on HIKE activities conducted in Apulia in September, this adventure was organized to encourage a shared and mindful rediscovery of natural landscapes.

HIKE kicked off in Puglia along the Southern Via Francigena

19/09/2024



The HIKE project offered an exciting programme of activities on 12 September in Italian region of Puglia, involving over 100 participants in a series of walks, sport events, and cultural activities.

2. Hike in the social media

April 2024

06/04/2024:

Instagram: https://www.instagram.com/p/C5aqFX_NXFQ/

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0K56fcdw38VLqKyT8jdFJ5trwui1j9Vs3FYHVUhpndBiHj4vkkqogSj43FutEyGvwl>

08/04/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1777266829540327623>

09/04/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1777593656708382932>

22/04/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0pRajzG1WbVMzJVrti5cyGzaPcBkW6912XaZWbnyDAn3cvA6SVNcq8v2MCJJCNeCil>

Twitter: <https://twitter.com/ViaFrancigenaEU/status/1782403101183418537>

LinkedIn:

<https://www.linkedin.com/feed/update/urn:li:activity:7190989738793725952/>

May 2024

14/05/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1790301812500594723>

15/05/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0PJJ6tv1ucotoyhi2y71gZEYkk62CzL2wiuLA1VB1X691hHvrsoMjw6RdJf2xNjNfI>

LinkedIn:

<https://www.linkedin.com/feed/update/urn:li:activity:7196061837610647553/>

29/05/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1795825475316773231>

June 2024

01/06/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid02nFFQyihk49iYNYyuPD8sbVXubw3fjMfAaEkr5RgmScrm7KotLyjumbmkujyDYSPdl>

03/06/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1797632053342838936>

04/06/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid02fwivAdFAeLxG7a75qCXrGqaJ5nfro8jQmRHaWSnfH9PoWytmQbQruSYAexMXJfJfYl>

11/06/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1800461636429631800>

27/06/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid02NvFwuA81WckY42JrrpcTgiypzNPv7EwgiCmcVT4aen8bCqnMhFMU76tnNGchAehDI>

Linkedin: https://www.linkedin.com/posts/via-francigena-eu_hike-puglia-grecia-activity-7203393532332531713-wW3L?

<https://www.linkedin.com/feed/update/urn:li:activity:7203756982653169664>

<https://www.linkedin.com/feed/update/urn:li:activity:7204025037778018305>

<https://www.linkedin.com/feed/update/urn:li:activity:7212075323692126208>

<https://x.com/ViaFrancigenaEU/status/1806436437232963786>

July 2024

01/07/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1807694247484641617>

04/07/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1808786767895547914>

05/07/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0fU7RBynNn5ngBEe4ioR1jV19wpN6Cew92jZaSMmy441D35H741banBmK7nMN1jYrI>

15/07/2024:

Instagram: <https://www.instagram.com/p/C9cPd35tZ7r/>

19/07/2024:

Instagram: <https://www.instagram.com/p/C9mYxkDt0XL/>

Linkedin:

https://www.linkedin.com/feed/update/urn%3Ali%3Aactivity%3A7214684801226711040/?midToken=AQGU3UfdvPj6PA&midSig=3DuEZtzPiRsHk1&trk=eml-email_notification_single_mentioned_you_in_this_01-hero_notification_cta-0-1ep~cta&trkEmail=eml-email_notification_single_mentioned_you_in_this_01-hero_notification_cta-0-1ep~cta-null-1g0b5i~ly7kjwnv~ke-null-null&eid=1g0b5i-ly7kjwnv-ke

August 2024

02/08/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1819353653817250187>

08/08/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid07ebC4PDnZVP16wt6beAW8FdhDQCGVvtKk1wxieDbUny9ZvPULV8du8D5MsmftbwZl>

14/07/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1823807573025546564>

23/08/2024:

Instagram:

<https://www.facebook.com/pathsofgreece/posts/883958977101465?rdid=GBs928g19l7P4Lsq>

28/08/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0ngdx2wpbn5R4bb7uPeQjzylHEmjNa7aMYcpkTTck58rU6GkxX7quJz9tE9mpQSz3l>

Twitter: <https://x.com/ViaFrancigenaEU/status/1828802057991868833>

LinkedIn:

<https://www.linkedin.com/feed/update/urn:li:activity:7225032635369103361/>
https://www.linkedin.com/posts/via-francigena-eu_hike-hikeproject-erasmus-activity-722875507778272256-4-pW?utm_source=share&utm_medium=member_desktop
https://www.linkedin.com/posts/via-francigena-eu_hike-hikeproject-erasmus-activity-722875507778272256-4-pW?utm_source=share&utm_medium=member_desktop

September 2024

05/09/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1831614047998845226>

11/09/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1833784914828759451>

13/09/2024:

Instagram: <https://www.instagram.com/p/DAbro01qjTq/>

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid02ZV5cdYpp4xGmE88EAh9huPBiKqQamWQEKNa72QIGvFpDNS1aNmCMT65HPcVp2Kal>

Twitter: <https://x.com/ViaFrancigenaEU/status/1834454289596440846>

<https://x.com/ViaFrancigenaEU/status/1834640056532808141>

14/09/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0VUuF8NSKTWuVoUJdfpknsxps8XqTjGcoyAFCoErXuWuomx3LHAf4vLSnJyQtGPYDI>

Twitter: <https://x.com/ViaFrancigenaEU/status/1835000283706909133>

15/09/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid02WnuoXSUQ21jfc7NNMp2V3K1ffqVARXk7WW9CG1VPsL4m2xRRu4sQBp4prTAXXRJUI>

Twitter: <https://x.com/ViaFrancigenaEU/status/1835000283706909133>

16/09/2024:

Instagram: https://www.instagram.com/p/C_-WagUNcHF/?img_index=1

18/09/2024:

Instagram:

https://www.instagram.com/reel/C_a2kHetIkG/?igsh=MWw5aWk4dnMwdnc4dQ%3D%3D

Twitter: <https://x.com/ViaFrancigenaEU/status/1836322926590599494>

20/09/2024:

Instagram: <https://www.instagram.com/p/DAJSlGStzDL/>

23/09/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1838120607080145396>

24/09/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1838572525703315896>

25/09/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid02Ub2nvAzcp6nEmWWr5JuRsJErXzzHwzhncNVxtvy8uZTLE4xs7EQSbRdL6yAdbrGnl>

27/09/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid02c8dx7y8rJqW216MTxCBLcGELuym6R9P96wSbHRX1D3SVNBvi6ioDhMbA4Jh6sYDRl>

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0qNPLhwpeBKKVsUE227SBzMWaqkde5fmPR9GqqtXNe2Hjnc3CeoLu6pgdTabrngSwl>

28/09/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0HvaTjdPUFJKzKNmpx1UzXUfhas6PAQiMG1fRbExgNVEN247A5jSmyG6cQojusWmvl>

29/09/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0wM8oWjqZECvmciR2kuqFi9ZfaLFaW97uXqgw77triodB8P3NiY8DLGNAwk7vgQkHl>

Linkedin:

<https://www.linkedin.com/feed/update/urn:li:activity:7240218241879474176>

<https://www.linkedin.com/feed/update/urn:li:activity:7241385041346412544>

<https://www.linkedin.com/feed/update/urn:li:activity:7244612356939431937>

https://www.linkedin.com/posts/via-francigena-eu_viafrancigena-hike-hikeproject-activity-7239165797078577153-4BhV/

October 2024

02/10/2024:

Instagram: <https://www.instagram.com/p/DAoRP4BqsGP/>

Twitter: <https://x.com/ViaFrancigenaEU/status/1841474759088824490>

04/10/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1842094202198376859>

07/10/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0PmnkxVmXsxSaDvJnUa165XRNCFMvj8etHPFVzdcS6VFe5xcce5RaeUBfytRdMVal>

10/10/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1844371170386416099>

16/10/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1846473517094535397>

19/10/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0H1x7rKetAR6Vu6k2AuGbcFPZ9JyUEZCpwMPSARUiGhWBnfVBRvSqH1Y8NrMn2or7l>

Linkedin:

<https://www.linkedin.com/feed/update/urn:li:activity:7249025588529688577>

https://www.linkedin.com/posts/via-francigena-eu_edessa-hike-viaegnatia-activity-7252252924788043777-QSS4/

<https://www.linkedin.com/feed/update/urn:li:activity:7253451184538013696>

https://www.linkedin.com/posts/via-francigena-eu_hike-taerkiye-izmit-activity-7259474533366059008-ObMv?utm_source=share&utm_medium=member_desktop

November 2024

19/11/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1858830511889613197>
<https://x.com/ViaFrancigenaEU/status/1858825952886702087>

22/11/2024:

Facebook:

<https://www.facebook.com/ViaFrancigenaEU/posts/pfbid0Pog2JzY9Pg5vFKGhLKHKF8Xyx7HaQ4WzgKNWU3trfCJadSZiGmA1z4mxtkgXDTwwl>

Linkedin:

<https://www.linkedin.com/feed/update/urn:li:activity:7265015859146870785>
<https://www.linkedin.com/feed/update/urn:li:activity:7265747107326685185>
<https://www.linkedin.com/feed/update/urn:li:activity:7270469236156731393>

December 2024

02/12/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1863521064837357815>

03/12/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1863947021251469547>

13/12/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1867514413064106081>

14/12/2024:

Twitter: <https://x.com/ViaFrancigenaEU/status/1867961963160236489>

27/12/2024:

Instagram: <https://www.instagram.com/p/DEFFr4ot8j1/>

Twitter: <https://x.com/ViaFrancigenaEU/status/1872700283039694937>

Linkedin:

<https://www.linkedin.com/feed/update/urn:li:activity:7270469236156731393>
https://www.linkedin.com/posts/via-francigena-eu_pavia-viafrancigena-detour-activity-7273362871542050817-fRq8/

3. EAVF website

March 2024

19/03/2024:

<https://www.viefrancigene.org/en/embark-on-a-journey-to-wellbeing-new-european-project-by-aevf/>

April 2024

<https://www.viefrancigene.org/en/european-projects/>

May 2024

30/05/2024:

<https://www.viefrancigene.org/en/the-via-francigena-is-featured-on-the-hike-project-website/>

June 2024

20/06/2024:

<https://www.viefrancigene.org/en/discovering-the-via-francigena-in-puglia-with-hike/>

July 2024

02/07/2024:

<https://www.viefrancigene.org/it/training-academy-sugli-itinerari-culturali-europei-unopportunita-per-incontrare-i-partner-di-aevf-a-brindisi/>

03/07/2024:

<https://www.viefrancigene.org/it/call-for-blogger-vieni-con-noi-in-puglia/>

August 2024

12/08/2024:

<https://www.viefrancigene.org/en/hikes-from-bari-to-brindisi-with-project-hike-in-puglia/>

September 2024

16/09/2024:

<https://www.viefrancigene.org/it/hike-arriva-in-puglia-per-un-weekend-di-camminate-lungo-la-francigena-del-sud/>

20/09/2024:

<https://www.viefrancigene.org/en/hike-arrives-in-puglia-the-first-weekend-of-events-along-the-southern-via-francigena/>

October 2024

01/10/2024:

<https://www.viefrancigene.org/en/hiking-the-via-francigena-in-puglia-during-the-european-week-of-sports/>

07/10/2024:

<https://www.viefrancigene.org/en/the-eavf-general-assembly-meets-in-monte-santangelo/>

November 2024

20/11/2024:

<https://www.viefrancigene.org/it/la-partecipazione-di-aevf-agli-eventi-hike-in-grecia-e-turchia/>

20/11/2024:

<https://www.viefrancigene.org/en/eavf-in-greece-and-turkiye-for-the-hike-project/>

December 2024

17/12/2024:

<https://www.viefrancigene.org/it/alla-scoperta-della-via-francigena-in-lombardia-con-il-nuovo-numero-della-rivista-via-francigena-and-the-european-cultural-routes/>

17/12/2024:

<https://www.viefrancigene.org/en/discovering-the-via-francigena-in-lombardy-with-the-new-issue-of-via-francigena-and-the-european-cultural-routes/>

17/12/2024:

<https://www.viefrancigene.org/fr/a-la-decouverte-de-la-via-francigena-en-lombardie-avec-le-nouveau-numero-du-magazine-via-francigena-and-the-european-cultural-routes/>

4. HIKE in the media (with external publications)

01/04/2024

Linkedin:

<https://www.linkedin.com/feed/update/urn:li:activity:7183033341451919360?updateE>

[ntityUrn=urn%3Ali%3Afs_feedUpdate%3A%28V2%2Curn%3Ali%3Aactivity%3A7183033341451919360%29](https://www.linkedin.com/feed/update/urn:li:activity:7203640462325207040/)

03/06/2024

Linkedin:

<https://www.linkedin.com/feed/update/urn:li:activity:7203640462325207040/>

04/06/2024

Linkedin: https://www.linkedin.com/posts/simonaspinola_viafrancigena-hike-turismosostenibile-activity-7203686453434793984-SfOk?utm_source=share&utm_medium=member_desktop

Linkedin: https://www.linkedin.com/posts/simonaspinola_viafrancigena-hike-turismosostenibile-activity-7203686453434793984-SfOk?utm_source=share&utm_medium=member_desktop

07/06/2024

Magazine: <https://siviaggia.it/notizie/hike-tre-itinerari/446207/>

26/06/2024

Linkedin: https://www.linkedin.com/in/luca-bruschi-96b6723a/?miniProfileUrn=urn%3Ali%3Afs_miniProfile%3AACoAAAhI8eMBBh30WIMJVAQYno2prjStK4V_yFY

05/07/2024

Facebook:

<https://www.facebook.com/luca.bruschi.543/posts/pfbid02fdcTTdBhxQhoPS8RLx25RJHZyhV772bYbdGUz8cu9TG9sNaqi5kYBWs7v7Leomcwl>

Linkedin: https://www.linkedin.com/posts/simonaspinola_hikeproject-erasmus-erasmusport-activity-7214923822330744833-1rwQ?utm_source=share&utm_medium=member_desktop

07/07/2024

Linkedin:

https://www.linkedin.com/feed/update/urn:li:activity:7214684801226711040/?midToken=AQGU3UfdvPj6PA&midSig=3DuEZtzPiRsHk1&trk=eml-email_notification_single_mentioned_you_in_this_01-hero_notification_cta-0-1ep~cta&trkEmail=eml-email_notification_single_mentioned_you_in_this_01-hero_notification_cta-0-1ep~cta-null-1g0b5i~ly7kjwnv~ke-null-null&eid=1g0b5i-ly7kjwnv-ke

Website EAVF: <https://www.viefrancigene.org/event/camminate-hike-in-puglia-workshop-preparazione-fisica-per-le-escursioni/>

Website EAVF: <https://www.viefrancigene.org/event/camminata-hike-in-puglia-da-bari-a-mola-di-bari/>

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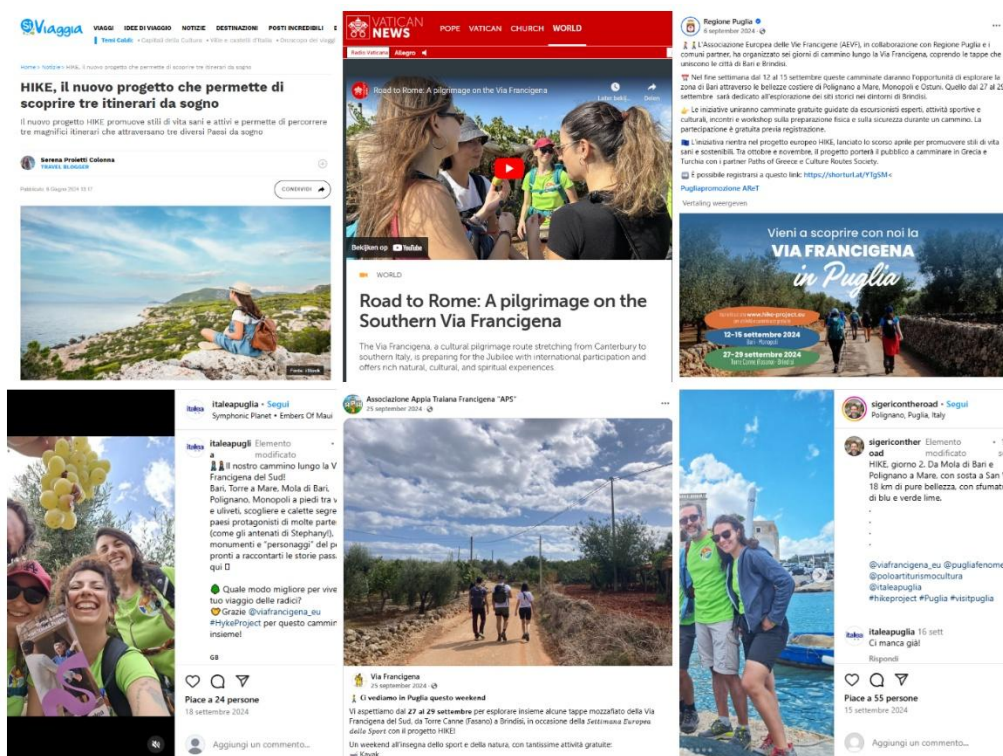
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