



With and Without disabilities: crossing valleys

2024
Cycling together in the Dolomites









The Arche Comunità l'Arcobaleno is a place where people with and without disabilities share moments of life together.

In 2018, the "Pedalling Together" project was born and since then, every Wednesday morning a group of people consisting of volunteers, operators and people with disabilities travel to places near and far on tandems and trikes.



In 2022 we went "from Bologna to Rome in Tandem"

In 2024, after the experience of the cycle route from Bologna to Rome, we decided to cross the valleys of the Dolomites.

Some data on the project

8
DAYS

6
**PEDAL-ASSISTED
TANDEM**

3
**TRIKES
and CARGO**

They will be involved, also in relay mode, about

20
**People with
disability**

16
**Operators and
Volunteers**

3
**Minibuses for
transport of vehicles
and materials**

3
**Minibuses for
transport of
persons**

We will do about 370 km with 4200 metres of altitude difference



L'Arche Comunità l'Arcobaleno

The Community, which was founded as an Association in 1998, as of 2019, with the reform of the third sector, has decided to change its statutes to Social Enterprise with the legal form of an Association (registration at RUNTS 25494 of 21/03/2022).

However, before being an organisation, an institution or a project, the ARCHE is first and foremost an experience.

Whoever enters "l'Arcobaleno" is welcomed as a person, unique and unrepeatable, with his or her own history and being here and now. Disabilities and skills belong to everyone, people welcomed, carers and volunteers, in different ways and to different degrees: the awareness that no one is perfect is a fundamental ingredient to build day after day an experience of welcome and sharing, a ferment of growth for everyone.

At the heart of the experience is the relationship between each other that is to be built in reciprocity and in the sharing of life and work between people.

L'Arche manages:

- a **Social Rehabilitation Residential Centre** - The Residential Centre is located within a large garden and is structured in two houses, called 'Focolare', with 20 people permanently residing in the Community;
- a **Semi-Residential Social Rehabilitation Centre (Diurno)** for people with disabilities - The Diurno is a place where the skills of people placed in work-related contexts are enhanced and welcomes around 25 adults on a daily basis.
- a **Multipurpose Centre for Complex Communicative Needs** - A place that offers organised activities to experiment with AAC (Alternative Augmentative Communication) as a communication and mediation tool offering a response to people with complex communicative needs, their families and carers.

The services are accredited according to regional regulations.

Pedalling Together

The "Pedalling Together" project was initiated in 2018 to promote **the inclusion and enjoyment of people with disabilities through tandem rides**. Over the past few years, the group has gradually experimented, starting with short and simple routes and moving on to longer and more challenging ones. The tandem fleet has grown and now, in addition to three muscle tandems, there are two pedal-assisted MTB tandems, a Veloplus Cargo Bike equipped to transport people in wheelchairs, and two Fun2go side-by-side tandems.

The L'Arche Day Laboratory has been organising a bicycle outing every Wednesday morning for five years. Thanks to the funding received, it has been possible to involve an external educator dedicated exclusively to this activity, guaranteeing the weekly Veloplus outing and the development of a pathway to autonomy for a person admitted to the Laboratory who has participated in the cycling outings with their own bike. The presence and participation of volunteers from the Italian Army Cycling Team, together with other volunteers who came on their own and those from the Silvia Parente Foundation, in addition to the investment made by the Laboratorio, which always provides three assistants for the Wednesday morning activity, have enabled a large group of people received to participate in the proposed outings; generally the group varies from a minimum of 4 to 8-9 persons with disabilities who, between tandems, cargo bikes, bicycles or trikes, manage to go out for the three-hour morning activity.

Given the high level of enjoyment of the activity, a group was also included in the afternoon which makes greater use of the cargo bike. The morning outings are planned to experience this through urban routes, dirt roads and even mountain trails.





Cycle Route 2022
FROM BOLOGNA TO ROME IN TANDEM

The most important project of "Pedalling Together" born in 2022 is the realisation of the cycle route 'From Bologna to Rome in Tandem'. On the occasion of the Community's 20th anniversary, L'Arche Comunità L'Arcobaleno decided to organise a cycle tour starting in Bologna and ending in Rome. The route from Bologna to Rome took place from 8 to 16 October 2022, ideally uniting the two L'Arche Communities in Italy. It followed the lines of the Via Francigena and Eroica, seeking routes accessible to tandems and avoiding heavily trafficked roads, preferring dirt roads and paths to also have a greater immersion in nature. For this reason, minibuses were used to travel at the end of the stage to places of accommodation. The cycle trip was made possible thanks to the involvement of a number of volunteers (Gli Amici di Arche APS and Italian Army Cycling Team) as guides and support along the route, but above all to be able to create opportunities for meeting and mutual growth, and to the collaboration with the Silvia Parente Foundation, which lent us their tandems to allow us to expand the group of participants

The trip involved 6 tandems, 3 drivers who drove 3 vehicles: a minibus and a car to transport people and a van to transport the tandems. The Arche Comunità L'Arcobaleno thus arrived in Rome by tandem, covering 314.5 km with an ascent of 5750 m. It was an ambitious project that achieved a great goal: to allow a group of people with disabilities and their companions to have a super experience, and at the same time to show disability, its everyday life and its potential 'differently'. The trip was attended directly by 12 people with disabilities, but indirectly this project involved the entire community. In the months leading up to the trip, the assistants and the persons accommodated went on training trips with mixed routes and significant height differences. The final experience, unique in its kind, was documented thanks to the precious presence of director Lorenzo Stanzani - Orso Rosso Film - who made *daily video clips* of the trip and produced a **docufilm**, broadcast for the first time on 3 December 2022, International Day of the Rights of Persons with Disabilities, at the TaG theatre in Granarolo dell'Emilia.

BOLOGNA

- 1 distance: 22.5 km
difference in altitude: 700m
- 2 distance: 41 km
difference in altitude: 1000m
- 3 distance: 54 km
difference in altitude: 800m
- 4 distance: 40 km
difference in altitude: 650m
- 5 distance: 43 km
difference in altitude: 1000m
- 6 distance: 52 km
difference in altitude: 800m
- 7 distance: 31 km
difference in altitude: 600m
- 8 distance: 31 km
difference in altitude: 200m

ROMA

The 'From Bologna to Rome in Tandem' project had a very important **communication impact**, launched with the online Crowdfunding Campaign on social networks and with the presentation of the journey to the public at a press conference at Città Metropolitana. This media action launched the visibility of the project on the website and social networks of the Municipality of Granarolo dell'Emilia, on TV2000, on the website of DIRE - the national press agency, on the website of Redattore Sociale, on RAI 2 with a report within "Tutto il bello che c'è" and through three live radio broadcasts with "La Strana Coppia" of Radio Bruno.

To cover the expenses of this project, the Community activated a major **Fundraising Campaign** through crowdfunding on the website promoted on social channels and via WhatsApp, thanks to which more than 100 donors participated, reaching the sum of € 45,485.00 in little more than 3 months. It was a unique experience for the entire Community and for the network of partners involved (families, associations, institutions, donors), with important repercussions also on the activities planned for 2023/2024

This trip was a success! Not only because of the many kilometres travelled and the beautiful places visited, but above all because it was an important relational and emotional experience.

For some the biggest thrill was getting to the top, for others seeing the surrounding nature and meeting a squirrel, for some it was the first night out away from the family. Not just cycling, then, but cycling as a tool for relationships and personal self-determination.

Following the wonderful experience of the Bologna to Rome Cycle Tour realised in October 2022, the Community now wishes to realise a new project.



BOLOGNA
ROMA

LINEA REPORT
L'OCCHIO
BOLOGNA
ROMA

GIRO



**With and Without disabilities:
crossing valleys**

**2024
Cycling together in the Dolomites**

People with and without disabilities will take part in a great new adventure in July 2024 by setting up a new cycle tour in the Dolomites and reaching their destination together!

A bit of data that tells the story of the project:

- 8 days
- 6 pedal-assisted tandem
- 3 trike and cargo vehicles (2 Fun2Go side-by-side tandems and 1 Veloplus cargo bike)

They will be involved, also in relay mode, about:

- 20 persons with disabilities
- 16 operators and volunteers
- 3 minibuses for transporting vehicles and material
- 3 means of transporting people

We will travel about 370 km with 4200 metres of altitude difference.

- The great peculiarity of this new adventure is that there will be **two groups of people with and without disabilities travelling together in different ways:**
- The group of six tandems will almost always cycle along trails, including wooded and unpaved ones;
- The group of trike and cargo vehicles will make daily trips on cycle paths or low-traffic roads.



The groups will start each day together in the morning, follow different routes and speeds, and meet again on arrival..

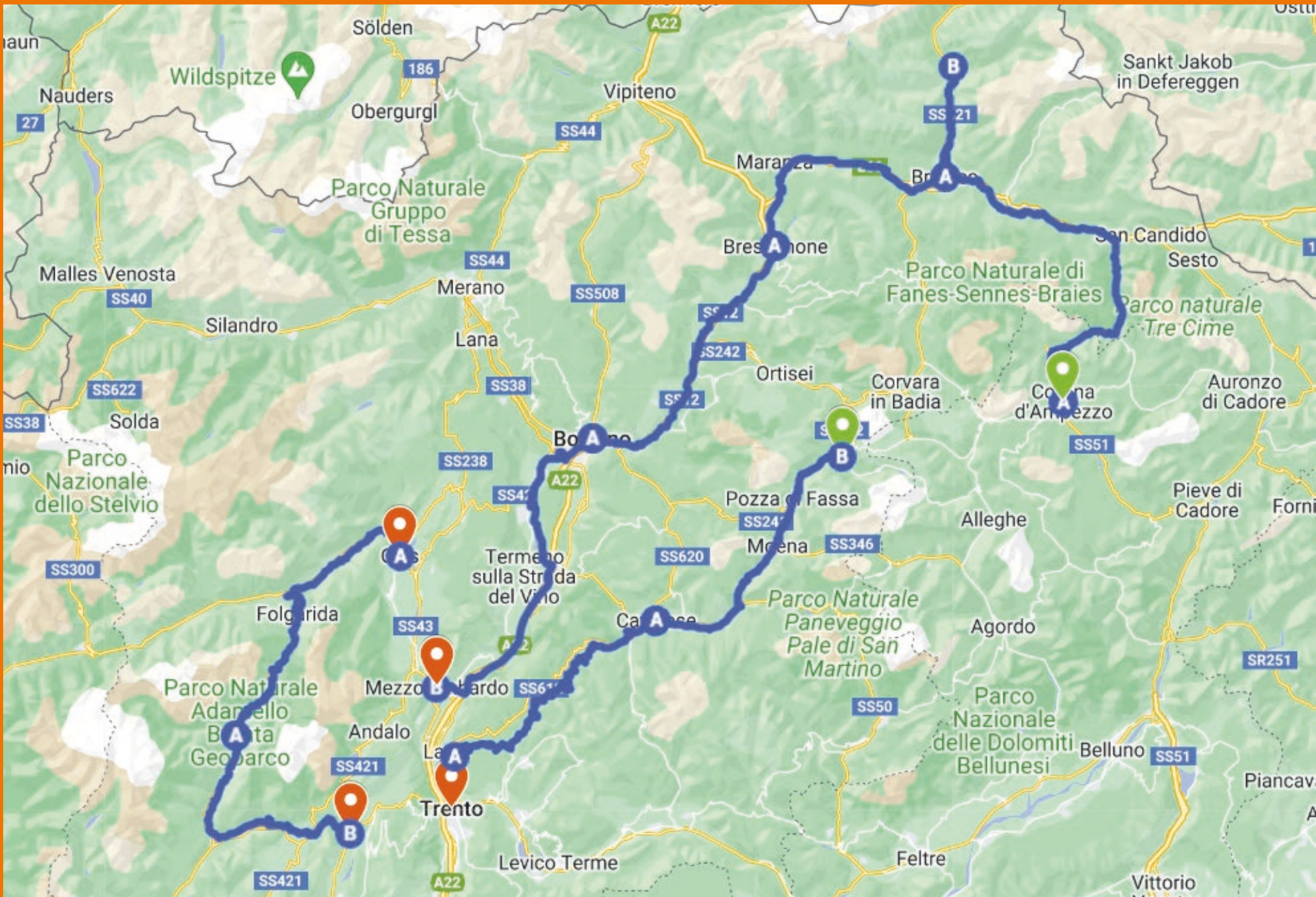
Four events involving local associations and organisations will also take place during the cycle route.

1. The first event will be organised at the start in Cortina d'Ampezzo;
2. The second event will take place in Trento;
3. The third event will be organised in Clés with the friends of Anfass with whom L'Arche has already collaborated in the past;
4. The fourth event will be organised on the occasion of the arrival in Canazei.

The draft of the route is already starting to excite the protagonists of this adventure, who are ready to get in the saddle!

**Discover the route on
Google Maps**





What do we expect?

Certainly to make people and institutions aware of the possibility of a cycle tour in the Dolomites also for people with disabilities.

To promote the activity and the territories involved, we would like to make a **docufilm** highlighting the inclusive tourism potential in a mode of holiday (cycle travel) that is thought to be accessible only to certain people.

We would also like to make the territory aware of the need to equip itself with suitable means to make cycling tourism accessible, a sector that is certainly expanding in the regions of Trentino Alto Adige, Veneto and Friuli Venezia Giulia.

But above all, we expect to do a great feat: a journey of people with and without disabilities who together will cover a good 370 km in a single week with special vehicles, MTB tandems, Trikes and pedal-assisted Cargo Bikes!

The trip will not only be about riding, but also about waking up together, having lunch in places and with food far away from the daily routine, meeting lots of people, sleeping in places never seen before and far away from the family!

"Tanta Roba" as we say in Emilia Romagna!



How to support us

To contribute to the realisation of the Dolomites Cycle Route, you can support the Community through:

- bank transfer, payable to: L'Arche - Comunità 'lArcobaleno - Impresa Sociale at Banca BPER branch in Quarto Inferiore (BO), IBAN Code: IT 96 E 05387 36850 000000923085 - BIC/SWIFT: BPMOIT22 XXX - Reason: Pedalando Insieme
- with an online donation at <https://www.larchebologna.it/project/pedalando-insieme/>
- participating in our fundraising events
- sharing our posts on social media and telling all your friends about us!

This trip will have the following costs:

MAIN PROJECT EXPENDITURE ITEMS	AMOUNT IN Euro
Planning and organising the trip Preparing the means accommodation and overnight stays; coordination of activities; promotion and dissemination on social media	€ 60.000

At the same time, a fundraiser will be organised to finance the making of the docufilm that will allow us to tell the story of this cycling experience for people with and without disabilities. An expenditure of about 30,000€ is planned



L'ARCHE
l'Arcobaleno

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