

Contents

A Proposal of Regeneration for Marginal Areas	
From Slow Tourism to Slow Travel: An Idea for Marginal Regions	3
Paolo Pileri and Rossella Moscarelli	
The Seat and the Saddle: How Slow Is Quick and Fast Is Stuck	17
Tim Ingold	
Marginality: From Theory to Practices	23
Rossella Moscarelli	
Marginalised Areas as a Public Policy Concern	39
Manos Matsaganis	
Italian Policies on Marginal Territories: An Overview	49
Benedetta Silva	
Landscape and Heritage as Keys for Slow Travel	
Slowness to Discover the Ordinary Italian Landscape	63
Chiara Visentin	
Food on the Bike	83
Massimo Montanari	
The Role of Historic Roads to Preserve and Valorize the Landscape	85
Alberta Cazzani and Maurizio Boriani	
Cultural Heritage Preservation and Territorial Attractiveness: A Spatial Multidimensional Evaluation Approach	105
Alessandra Oppio and Marta Dell'Ovo	

A Line Born for Sustainable Development: The Case Study of VENTO

Slow Travel Project for Enhancing Territories: Motivations and Directions 129
Paolo Pileri

Design, Public Engagement and Communication: Reframing Methodology 141
Alessandro Giacomel, Diana Giudici, and Camilla Munno

Narration of Cultural Heritage as *Antifragile* Tool 163
Catherine Dezio

European Policies and Strategies Enhancing Projects of Slowness

Learning from Experience: A Set of European Policies 177
Federica Bianchi

The United Kingdom’s National Cycle Network: Paths for Everyone, Past, Present and Future 205
Xavier Brice

The Singularity of the Camino de Santiago as a Contemporary Tourism Case 221
Rubén C. Lois González and Lucrezia Lopez

The Success of the Cycle Tourist Backbone Along the Danube in Germany and Austria 235
Michael Meschik