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IO SONO  
FRIULI  
VENEZIA  
GIULIA



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**PromoTurismoFVG**  
*Strategies, Development,  
Operations for Tourism*

PRESS

# Between the Alps, the Dolomites and the Adriatic Sea A concentrate of Italy

**Friuli Venezia Giulia is proof there are still parts of Italy to discover. A hidden village to get lost in, a new vintage to taste, a mountain path to walk, new stories to listen to; a Region that can give you the joy of the first time.**

Spanning the summits of the Alps and the Dolomites, the waves of the Adriatic Sea, the public squares of elegant cities, the village streets, UNESCO sites, and the hills of Collio, in a single Region it is possible to encounter a concentration of those features that have made Italy such a beloved destination for writers, poets, and travellers.

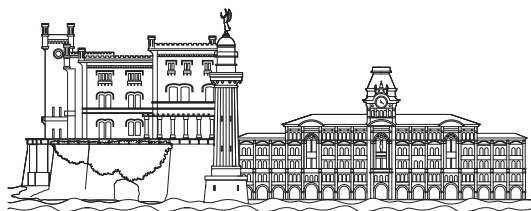
A genuine and authentic land, which has been able to make its geographical position on the border, but at the centre of Europe, its wealth: in only two hours of travel the Italian, Slavic, and Germanic cultures intertwine, on a journey through history, traditions, languages, and religions.



# The numbers of Friuli Venezia Giulia

## 4 main cities

Trieste  
Udine  
Gorizia  
Pordenone



## 2 major beaches

Grado  
Lignano Sabbiadoro



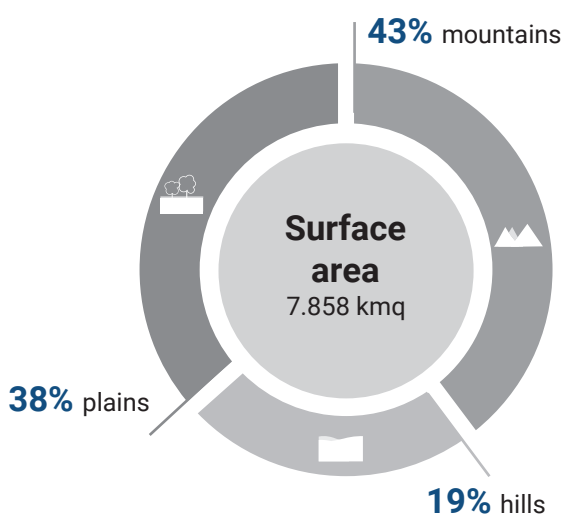
## 6 ski resorts

Forni di Sopra - Sauris  
Piancavallo  
Ravascletto - Zoncolan  
Sappada - Forni Avoltri  
Sella Nevea  
Tarvisio



## 5 UNESCO World Heritage Sites

Aquileia  
Cividale del Friuli  
The Friulian Dolomites  
Palù di Livenza  
Palmanova



**Population**  
1.194.647



	by Province	by city
Trieste	228.833	199.015
Udine	518.442	97.736
Pordenone	309.473	51.617
Gorizia	137.899	33.615

## Recognised minority languages



**Friulian** (Law 15.12.1999, No. 482, article 3)

**Slovene** (Law 15.12.1999, No. 482, article 3 - Law 23.02.2001 No. 38)

**German** (Law 15.12.1999, No. 482, article 3)

# A sea of wellness for the whole family

A unique coastline that concentrates diverse landscapes across 130 kilometres and delivers experiences for all sea lovers. From the beaches of Lignano Sabbiadoro, enjoying sports, entertainment and relaxation, cross the lagoons of Marano and Grado to the Island of the Sun, Grado, with its south-facing sandy shores and rich history, and to the rocky coves, where white cliffs and the fascinating Karst are reflected in the deep blue of the Adriatic Sea for breathtaking views of the Gulf of Trieste, the most eastern in the Mediterranean Sea.

## Lignano Sabbiadoro

A long, golden peninsula is the calling card of Lignano Sabbiadoro, one of the most renowned seaside resorts in Italy, which recently celebrated its 120th anniversary. Its eight-kilometre beach is not its only distinctive feature: Lignano Sabbiadoro boasts an immense pine forest of over 1,200,000 trees which has won it the prestigious "Tree Cities of the World" award from FAO and the Arbor Day Foundation.

Surrounded by three bodies of water, the crystal-clear Tagliamento River, the brackish waters of the Lagoon of Marano, and the extremely clean Adriatic Sea, which has traditionally been awarded the Blue Flag, Lignano Sabbiadoro is the ideal destination to unwind and recharge your batteries by enjoying many experiences in close contact with nature. Care for the environment, the focus on well-being and the vocation for the sustainability of this area are also reflected in the range of opportunities for outdoor activities, such as water sports, cycling and hiking, where people can connect with the surrounding territory and its nature reserves.



## The numbers

- **130 kilometres** of seashore of sand and rock
- **1 single coastline**: of seashore of sand and rock
- **67 resorts** united in one single booking portal
- **4 maritime villages**
- Over **250 experiences** to choose from including outdoor, nature, biking, culture, food and wine
- **6 nature reserves** overlooking the truly unique shore of Friuli Venezia Giulia
- **2 lagoons, 16 thousand hectares**
- more than **7 maritime transport** services operating along the coast

## Top 5

- **39 seaside resorts** which can be booked online through one central portal: [www.spiaggiafvg.it](http://www.spiaggiafvg.it)
- Discover **Lignano green&slow**: 75 kilometres of cycling routes in and around Lignano, intermodal boat&bike connections, the seaside village of Marano Lagunare, its lagoon and the two protected areas: the River Stella Mouth Reserve and the Valle Canal Novo Regional Nature Reserve;
- **Family Destination**: theme parks, beach entertainment, water games, Europe's largest skate park, pedestrian areas and playgrounds, green spaces, family excursions, water sports courses for beginners, and family Hotels
- **Water sports on the beach**: kitesurfing, windsurfing, windfoil, canoeing, sup, sailing, swimming, diving
- **Major events**: sports (triathlons, cycling, marathons, SUP races), as well as concerts by great artists, literary awards and food and wine festivals

## Grado

Popularly known as the "Island of the Sun" with its many kilometres of sandy beaches facing south, Grado is the record-breaking Blue Flag beach, but also one of the most romantic locations in Friuli Venezia Giulia. Embraced by the lagoon, which creates a magical setting around the island, it is also rich in history with a hamlet that recalls Venetian architecture. Founded in the Roman era as a trading port of Aquileia, its centre is a labyrinth of narrow alleys and small squares overlooked by picturesque fishermen's houses. An ideal destination for families and travellers not only interested in the sea but also in culture and history, it offers wellness areas to treat body care enthusiasts and a choice of several bathing facilities with the option of practising sports in the water or on the shore. The thermal baths were built in the Austro-Hungarian period and are currently undergoing a major renovation project. Elegant and refined, it features a lively and deep-rooted tradition as well as the best of local food and wine, with dishes specially made with fresh fish.

### Top 5

- The award-winning **Alpe Adria Cycle Track**, from Salzburg to Grado (**FVG1**)
- The many islands of the **Lagoon** can be reached by boat, such as the island of **Barbana**, which houses the Benedictine sanctuary, the beginning of the Celestial Way, or the island of **Mota Safon** featuring Pasolini's "casone," or the **nature reserves** where pink flamingos and Camargue horses can be admired
- The **historic centre** with early Christian basilicas, the remains of an ancient cathedral, the port of Mandracchio and craft workshops.
- Typical recipes: **Boreto** alla **Graisana** or **Santonigo**
- Grado is an important **kite spot** for wind sports enthusiasts where they find the perfect conditions for safe wave riding

## The Gulf of Trieste

The coastline and Trieste, a city of sun, wind and sea, animate the Gulf, providing fun and relaxation. An irresistible attraction between rocks and waves that starts from the beach of Marina Julia (Monfalcone), crosses Duino-Aurisina, the Gulf of Sistiana, the coast of Trieste and reaches Muggia, one of the most picturesque seaside villages of the Region.

### Top 5

- **The Lanterna - "Pedocin"** the only beach in Europe that still maintains a strict separation between men and women by means of a wall. A wall that, in a city that has always welcomed and respected the diversity of languages, cultures and religions, is a symbol of freedom and certainly not of bigotry. "In the Pedocin, you are actually more free to do what you want without upsetting anyone", is what people say in Trieste.
- **Water and wind sports** the wind spot of Marina Julia and the sailing tradition
- The **seaside castles** of **Duino** and **Miramare**
- The maritime villages of **Duino** and **Muggia** in the Gulf of Trieste
- A paradise for outdoor sports enthusiasts with climbing on the cliffs by the sea, snorkelling in the **Miramare Marine Protected Area** and **trekking routes** on the **Karst**
- Two **nature reserves** (the Duino Clifed Coast and the **Miramare Biosphere** and **Marine Reserve**) and one of the deepest caves in Europe: the **"Grotta Gigante"** (the Giant Cave)

## La laguna

The lagoon of Friuli Venezia Giulia is an enchanted location between the sea and the mainland featuring islets, salt marshes, and fishing valleys to be explored by boat or in a canoe. Marano Lagunare and Grado, with their canals and traditional "casoni" - the ancient fishermen's dwellings built with materials from the lagoon - provide an excellent location for birdwatching.





# On the taste routes

**Authentic flavours and aromas in a journey of taste from the Alps to the sea, through the rolling hills and the vast plains.**

There is not one, but many stories that link and intertwine the typical cuisine of Friuli Venezia Giulia, where the pleasure of sitting down at the table and discovering the dishes of the territory succeeds in combining the simplicity of tradition with innovation, with genuine ingredients, continuous research and creativity, while respecting the ethical nature and biodiversity of the products. A land that stands out for the variety and vibrancy of its small agricultural and food productions.



## The products

- **POD:** Montasio cheese, Prosciutto di San Daniele, Tergeste extra virgin olive oil, Italian Cacciatora salami and Brovada.
- **PGI:** Prosciutto di Sauris and Pitina.
- **23 Slow Food Presidia:** Resia or Strok garlic, Ancient Apples of Upper Friuli, Onions from Cavasso and Val Cosa, Latteria Turnaria Cheese, Fagagna Pestà, Pitina, Ràdic di Mont, Çuç di Mont, San Quirino beans, Gorizia Rose Radicchio, Varhachara, Brovadâr of Moggio Udinese, Collina cabbage, Sauris Fava Bean, Alpe Adria Klopen Pears, Karst Marasca honey, Carsolina Sheep, Pestith, Saurischotte, High Alpine Mountain honeys, Bianchera olives, and Malon pumpkins.
- **182 Recognised Traditional Food Products** in addition to grappas, honey, Asino cheese, Friulian white asparagus, and tiramisù.

## The numbers

- **5 Pdo products**
- **2 IGP products**
- **23 Slow Food presidia**
- **9 DOC wine districts:** Carso, Friuli, Friuli Colli Orientali, Collio, Friuli Annia, Friuli Aquileia, Friuli Grave, Friuli Isonzo, and Friuli Latisana
- **3 DOCG wines:** Picolit, Ramandolo and Rosazzo
- **3 Interregional DOC wines:** Lison Pramaggiore, Prosecco and Delle Venezie
- **1 Interregional DOCG wine:** Lison
- **80%** of **Italian rooted vines** are grown here, **30%** of the entire EU, and **25%** of the worldwide production
- Nearly **90 million bottles** are produced each year
- More than **180 recognised Traditional Food Products**
- **1.700 wineries**
- the **FVG Wine and Taste Route** was established in **2017**
- Roughly **400 Route members**
- **9 stars** at the tables of the **restaurants**

## The wine in numbers

- **21%:** the weight of viticulture on the **agricultural sector** as a percentage
- Vineyard location: **81% plains, 19% hills**
- **28,826 hectares of vineyards**, of which **85%** are white and **15%** red
- Grape production in **quintals 2.713.000**
- Wine production in **hectolitres 1.785.000**
- **26: Wines winning** the 2022 **Tre Bicchieri award**
- Number of people employed in the sector: **23.000**
- Number of **vine growers 6,600 farms**
- **Export value in EUR 180 million**

The journey of taste continues along six itineraries to discover the food and wine of Friuli Venezia Giulia in the mountains or hills, on the plains, along the coast, the rivers and as far as the Karst, all through unique and authentic experiences.

Friuli Venezia Giulia, a borderland of diverse cultures, influences and contaminations, fully embodies its spirit at the table, in its traditional dishes, capable of expressing a territory in which Central European, Venetian and Slavic cuisines come together.

The top list of dishes not to be missed in the areas of...

**TRIESTE** - *jota*, fried and breaded sardines, ribaltavapori, Trieste cooked ham with kren horseradish, cheese from the caves (*Jamar*), and Prosciutto from the Karst. You simply cannot miss the Busara-style scampi, the boiled meats in the typical buffets or a stop at an Osmize on the Karst.

**UDINE** - *frico*, *musèt* and PDO *brovade*, gubana, white asparagus, white truffle from Muzzana del Turgnano, Fagagna Pestàt, San Daniele smoked trout, and PDO Prosciutto di San Daniele.

**PORDENONE**: *Pitina* PGI, *Asino* cheese, Figo Moro from Caneva, potatoes from Ovoido and Biscotto Pordenone.

**GORIZIA**: potato gnocchi with plums seasoned with melted butter, cinnamon, and a little sugar, "in tecia" potatoes, the Rose of Gorizia, and Prosciutto di Cormons.

At the **SEA**: *Boreto* (a single dish made by quickly cooking the less commercially valuable fish with garlic, vinegar, and black pepper), black cuttlefish, "sievoli sotto sal" (flat head grey mullets preserved in salt for two or three months).

In the **MOUNTAINS**: *cjarsòns* (ravioli with contrasting sweet and savoury fillings), *savòrs* (delicious, chopped vegetables), *toc in braide* (soft polenta, cream of PDO Montasio, olive paste, and smoked ricotta cheese). Also try *sot la trape* (cheese left to mature in grape pomace), *Gepichta Kropfn*, or the carnival sweet *Mogn Fropfn* from Sappada, Prosciutto di Sauris (delicately smoked), and sour ricotta (*Saurnschotte*).



## The collective trademark of Friuli Venezia Giulia

The "Io Sono Friuli Venezia Giulia" trademark has been created with the aim of highlighting regional agri-food companies and products, with a focus on sustainability, territorial identity and traceability.

The "Company" trademark (gold) identifies and highlights the agri-food companies in Friuli Venezia Giulia that are committed to environmental, economic and social sustainability, and now counts more than 330 participating enterprises.

The "Product" trademark (blue) is placed on the products produced by companies in the Region that have a traceable supply chain, guaranteeing maximum transparency for the final consumer. To date, more than a thousand events have been organised to reinforce the principles of sustainability promoted by the collective trademark.



## The Wine and Taste Route of Friuli Venezia Giulia

Six souls that become one. Six stories, each one an essential piece of the jigsaw puzzle of flavours of this Region. The Wine and Taste Route of Friuli Venezia Giulia unites six experiences to be enjoyed in territories that are similar and at the same time diverse: "Here in our mountains", "Here in our hills", "Here in our river", "Here in our plain", "Here in our Karst plateau", "Here in our coast". The dedicated website [www.tastefvg.it](http://www.tastefvg.it) allows you to build a personalised food and wine itinerary. Friuli Venezia Giulia was the first Region in Italy to enact a law (number 22 of 2015) that creates a network of agri-food, cultural and environmental resources, offering a transversal product for wine tourism, including wineries, farms, restaurants and several other realities in order to provide quality tourist accommodation. It is also known as "Route63" because 1963 is an important date: it marks the birth of the Region of Friuli Venezia Giulia as well as of the "Wine and Cherry Route", which was the first ever Wine Route established in Italy.

# Culture without borders through art and UNESCO sites

Treasures of art and history, along a route that still bears the visible traces of Europe's great past. The legacies of the Celts, the Romans, the Huns, the Turks, the Lombards, the Republic of Venice and the Austro-Hungarian Empire, followed by the dramatic events of the First and Second World War as well as the Cold War, are still clearly visible today in a borderland that has preserved its great history in the cities of Trieste, Udine, Pordenone and Gorizia.

Permanent footprints are visible also in the places of art that UNESCO has recognised as World Heritage Sites: Aquileia, Cividale del Friuli, Palmanova and Palù di Livenza, without forgetting the beauty of the Friulian Dolomites, and their natural and cultural background.

## Trieste

Nestled between the white landscape of the Karst and the deep blue of the Adriatic Sea, Trieste is the most international city in the Region, in a dynamic state of evolution and at the same time truly unique for its mixture of languages, cultures and religions, with a Central European matrix fused with a Mediterranean soul. The capital of Friuli Venezia Giulia, it boasts one of the most beautiful squares facing the Adriatic Sea, Piazza Unità d'Italia. In 2021, it was ranked the best city for quality of life in Italy.



**FVGcard**  
Your pass to experience Friuli Venezia Giulia



The key that unlocks the treasures of art and culture in the Region is the **FVGcard**, a pass that can be purchased for a period ranging from two days to a week and that includes unlimited access to all the main regional museums and historic-artistic sites, as well as participation in guided tours which are designed and organised by PromoTurismoFVG in the cities of art and the rental of multi-language audio guides, which are also available in a digital format.

## Top 5

- **Miramare Castle**, the fairy tale home of Maximilian of Habsburg and his wife Charlotte of Belgium
- The **literary itineraries**
- Trieste is also the **city of coffee**: a free port for coffee imports in the 18th century, it remains the most important centre in the Mediterranean to this day. The combination of coffee and literature is another match to discover thanks to the Trieste Loves Coffee carnet of tasting tickets
- **The city of sea and science**: home to the Immaginario Scientifico science park, the **BioMa** (the marine biodiversity centre), the **Sincrotrone**, the **Sissa**, and the ICGEB astronomical observatory.
- **Multi-religious Trieste**: the Synagogue, the Greek-Oriental and Serbian Orthodox Church of San Spiridione, the Anglican Church and the Sanctuary of Mary on Mount Grisa, the Cathedral of San Giusto



## Udine

A cheerful, elegant and friendly city, where the refinement of its architecture meets the rustic charm of its taverns. The capital of the medieval Patria del Friuli, but with strong ties to the Republic of Venice, as evidenced by its palaces and the Venetian influence in the historic centre, it is the treasure chest of the works of Giambattista Tiepolo (1696-1770), the last great painter of the Venetian school: some of his masterpieces can be admired in the Archbishop's Palace, but also in the Cathedral and the Gallery of Ancient Art.

### Top 5

- The **Castle of Udine** offers a 360-degree panoramic view of Friuli Venezia Giulia, between plains and mountains
- The **Casa Cavazzini Museum of Modern and Contemporary Art**, an elegant venue for modern and contemporary exhibitions, the restoration of which was overseen by Gae Aulenti, who was born in Friuli, is home to important works by some of the most significant artists of the 20th century from both the Italian and international scene. Admission is free with the FVGcard
- The colours and skilful play of perspectives of **Giambattista Tiepolo's** frescoes in the **Diocesan Museum** of Udine. Admission is free with the FVGcard
- Discover the city by exploring **medieval alleyways**, and **irrigation canals**, by **shopping** and **browsing bookshops**, as well as by stopping at a tavern to honour the "tajut" ritual: the digital audio guide is also available at the tourist office. Free with the FVGcard
- Experience "behind the scenes" with the theatrical guided tours at the **Teatro Nuovo Giovanni da Udine theatre**



## Gorizia

A border city in the heart of Europe, with one foot in Italy and the other in Slovenia, a place that escapes the traditional tourist routes. Until a few years ago, Piazza della Transalpina was the symbol of place on the border, and the wall that crossed it divided the two souls of the city: today it is the topography of memory, an everlasting reminder, but also the symbol of a renewed unity. From the Castle of Gorizia, the view opens up to the gentle hills of Collio, home of world-famous wines.



### Go! 2025

Gorizia and Nova Gorica have been jointly nominated as the **European Capital of Culture for 2025**. Here, visitors can follow in the footsteps of history with guided tours to relive the city's "French" past: it was chosen by the court of Charles X of Bourbon as a place of exile, or to experience the "thrill" of crossing a border once again.

### Top 5

- The **medieval castle**, and the museums of Borgo Castello
- The **Coronini Cronberg Palace**
- The **Rafut Border Crossing Point**, with the Border Pass/Prepusnica Museum and the Museum of Smuggling, **Piazza della Transalpina** with the station and the Border Museum
- The medieval **Via Rastello** with its old workshops and the tradition of **Gorizia lace-making**
- **Piuma Isonzo Park** and the **Viatori Garden** (also known as the azalea garden)

## Pordenone

A young and lively city, but at the same time elegant, with a charming historical centre, Pordenone is a mosaic of 16th-century palaces, Romanesque churches, frescoed façades, as well as Gothic and Baroque buildings. A stroll under the prestigious arcades of the Corso or a visit to the museums and temporary exhibitions is the best way to immerse yourself in local history and culture. The city was the birthplace of the great Renaissance painter Giovanni Antonio de' Sacchis, known as "il Pordenone", whose masterpieces can be seen in St Mark's Cathedral and in the Civic Art Museum, housed in the Ricchieri Palace.

### Top 5

- The refined and timeless elegance of Pordenone in the discovery of the greatest Renaissance painter from Friuli, **Antonio de' Sacchis**, known as **Il Pordenone**
- In Pordenone, comics are art: the city is home to **Paff - the Palace of Arts and Comics in Friuli**, a space that promotes comics as an art form that goes beyond communication and thinking.
- Pordenone is at the heart of major international events, including **literary festivals (pordenonelegge)**, as well as film and music events, which over the years have become cult attractions for enthusiasts, transforming the city into a rich and original cultural destination.
- The **Ricchieri Palace Art Museum**
- **Noncello by boat** and the murals that can be seen on some of the buildings in the city

## Pier Paolo Pasolini

Pier Paolo Pasolini, one of the most prominent intellectuals of the 20th century, lived for a long time in his mother's hometown of Casarsa della Delizia, not far from Pordenone. In 2022, the 100th anniversary of his birth was celebrated by dedicating a new itinerary to his memory.



## Il Carso

The Karst, a unique natural and historical territory, is a rocky plateau that stretches along the eastern border of Friuli Venezia Giulia, from Gorizia to Istria, passing through Trieste. Famous for its subterranean landscape of caves and grottos, it is an unmissable destination for nature lovers and slow hikers. But it is also a destination brimming with history and culture, where customs and traditions are the result of the age-old fusion of Latin, Germanic, and especially Slavic cultures. Last but not least, after Trieste, the northernmost part of Istria which includes the Rosandra Valley, and the small port of Muggia and its Venetian-style town centre. The Cross-border Karst Geopark is currently being developed.

### Top 5

- The **Castle of Duino**
- The **Giant Cave**
- The **open-air museum of Mount San Michele and San Martino del Carso**
- **Muggia**, its Venetian centre, and the archaeological area of ancient Muggia
- The **mouth of the Timavo River** and the **Cave of Mitreo**



## The numbers of culture

- **5** Unesco World Heritage Sites
- **4** cities
- **2** castles on the sea
- More than **100** museum across the region
- Plus **15** cultural itineraries
- More than **10** itineraries with audio guides and digital audio guides

## Aquileia

Aquileia, an ancient metropolis of the Roman Empire, where you can visit the remains of the forum, the necropolis, private houses with mosaic floors and the imposing structures of the ancient river port. Don't miss the splendid Basilica of Santa Maria Assunta, where you can admire the largest mosaic floor in the Western Christian world, and a visit to the ancient city, the Domus di Tito Macro, and the most important Archaeological Museum in northern Italy. The guided tours and entertainment programmes for children are a must-see (free with the FVGcard or FVGcardAquileia, the single admission ticket to the city).

A UNESCO World Heritage Site since **1998**.

## Palmanova

A fortress city framed by a nine-pointed star. Designed and built by the Republic of Venice to defend the regional borders against external threats, it is a masterpiece of military architecture and a model of the ideal Renaissance city. Unique in its kind, it has a central square where its three access roads meet, defended by monumental gates.

A UNESCO World Heritage Site since **2017**.

## Cividale del Friuli

Cividale del Friuli, the capital of the first Lombard duchy, is the starting point of the UNESCO itinerary dedicated to the legacy left to Italy by this mysterious nation. A visit to the city has to include the National Archaeological Museum, the Christian Museum, the extraordinary Lombard Temple, and the mysterious Celtic Hypogeum. Also worth a visit are the suggestive Puppet Museum (Cips) and the De Martiis Family Gallery in Palazzo de Nordis, whose masterpieces span the 20th century in abstract and figurative styles, with some important Impressionist works of art.

A UNESCO World Heritage Site since **2011**.

## Palù di Livenza

The pile-dwelling site of which several finds are collected in the Archaeological Museum of Western Friuli in Pordenone. A UNESCO World Heritage Site since **2011**.

## Dolomiti Friulane

The Friulian Dolomites are the westernmost mountain area of Friuli Venezia Giulia and include the Cellina, Tagliamento and Tramontina valleys. Due to the wild nature they still preserve, they are considered the most pristine area of the entire Dolomite mountain range.

A UNESCO World Heritage Site since **2009**.

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## Per continuare a viaggiare sulle orme della cultura

- The **religious itineraries** of Friuli Venezia Giulia: a slow and sustainable experience to rediscover ancient pilgrimage routes and their natural and cultural heritage
- **AAT - Alpe Adria Trail**, the trekking route that links Carinthia, Slovenia, and Friuli Venezia Giulia in 43 stages and stretches from the foot of the Großglockner to Muggia, not far from Trieste, to explore the nature, food, and wine and culture of the Tarvisio, Natisone Valleys, Collio and Carso territories
- The **Walk of Peace**, the 25-stage route between Slovenia and Friuli Venezia Giulia, which crosses the former Isonzo Front to discover open-air museums, shrines and monuments dedicated to the Great War, starting from Log pod Mangartom and ending in the main square of Trieste, Piazza Unità d'Italia.
- **San Daniele del Friuli** is home to Biblioteca Guarneriana, the oldest library in Friuli Venezia Giulia, which preserves precious illuminated codices including a 14th-century Divine Comedy and printed books from ancient editions.
- **Torviscosa** and **Panzano** are two company towns, urban settlements that have an industrial background. The first is also a founding city because it preserves the architecture of the Italian regime of the 1930s, as well as the urban plan commissioned by the company that built it, which divided the area into functional sections: workplaces, public areas, the workers' village, the homes for executives and employees, as well as leisure facilities. The workers' village of Panzano, a district of Monfalcone, is home to the recently created MuCa, the Shipbuilding Museum.



# Mountain 365 not only skiing

On the peaks between nature, sustainability, and fun. Mountains 365 Days a Year From the Dolomites to the Julian Alps and Pre-Alps, through the Carnic Alps, Friuli Venezia Giulia offers hundreds of attractions on the snow, après-ski directly on the slopes, walks in the thousand-year-old woods or discovering the charm of Alpine villages, as well as relaxation in the warm waters of the spas.



The mountains of Friuli Venezia Giulia offer a variety of choices catering to every individual passion and level of fitness. Dedicated ski passes and numerous FVGcard benefits are available to meet the wishes of families or holidaymakers who want to enjoy a day on the snow:

- Some of the most affordable **skipass rates** in the Alps

- **Free skipass Baby admission** and family discounts: children (born between 2017 and 2021) always ski for free and families can enjoy discounts of up to 30%.
- **New rates for under 20s** (2005-2016 included) on the slopes at €10 per day

## The Julian Alps and Pre-Alps, and the Tarvisiano

### Tarvisio

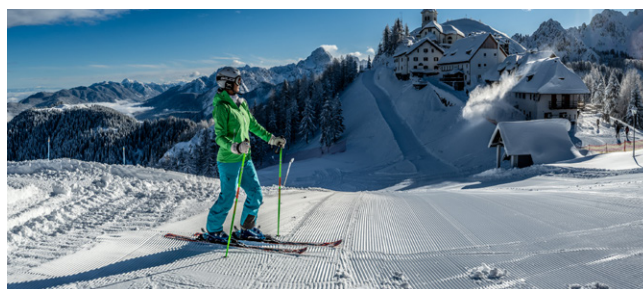
Located at the corner of three borders, Italy, Austria, and Slovenia, Tarvisio is embraced by the Julian Alps and a thousand-year-old forest that, at 24,000 hectares, represents the largest State forest in Italy. A modern town, but with an ancient soul and full of traditions all waiting to be discovered

**SKI** - 24 km of ski areas including the almost 4 km of the Di Prampero slope, the stage for several editions of the Women's Ski World Cup, which opens to breathtaking views; the Arena Paruzzi track, and the slopes of Val Saisera and Pontebba are the paradise of cross-country skiers.

**EXTRA SKI** - dog sledding on the Fusine plain, snowshoeing in the silence of the Bartolo Valley, hiking in the Saisera Valley along the primaeval trail in the millennial forest, the bobsled on rails and the newly renovated children's playground, ice-skating, the bike park and the zipline (open only during the summer season).

### Be sure not to miss

- The **Venetian Palace of Malborghetto Valbruna** and the workshops of the artisans who manufacture sound boxes
- The **cuisine of three borders**: taste all the Italian, Slovenian, and Austrian culinary influences at **Wine and Taste Route venues**
- The **Lake of Cave del Predil**
- The **Geomining Park** and **Mine of Raibl**





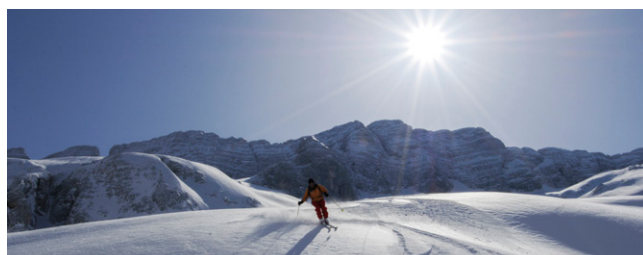
## Sella Nevea and the Julian Pre-Alps Park

**SKI** - with slopes ranging from 1,100 to over 2,100 metres above sea level, it is the ideal place for skiing well into the spring. A true natural paradise, it hosts numerous European Cup and FIS events and has a competition centre for fast disciplines. Facing the Slovenian flank of the Julian Alps, Sella Nevea is a particularly attractive resort and the perfect venue, thanks to the high technical profile of its 10.5 kilometres of tracks, for people who love an adrenaline rush and those who enjoy the faster specialities of alpine skiing.

**EXTRA SKI** - snowshoeing in the Julian Pre-Alps Park, climbing majestic walls, and the icefalls in the Raccolana Valley.

### Be sure not to miss

- The Museum of the Knife-grinder in the Resia valley
- Ice climbing in the Friulian Dolomites and Julian Alps
- The Julian Prealps Park, a UNESCO MAB Biosphere Reserve



## Carnia and the Dolomites

Inhabited for thousands of years by people who have never lost their traditions and pride, Carnia has preserved a unique and characteristic cultural and religious heritage in its peaks, represented by Roman archaeological remains and typical rural villages, small parish churches and Celtic rites.

### Ravascletto-Zoncolan

**SKI** - Immersed in the splendid scenery of the Carnic Alps, the Zoncolan is known to all cycling enthusiasts as the "Kaiser", but in winter the golden basin becomes the centre of fun: a skiing area of 24 km with high, sunny slopes reaching almost 2,000 metres, ski mountaineering tracks, a freestyle arena for skiers and snowboarders, and cross-country skiing tracks, including a high-altitude ring, plus a wide range of mountain huts and restaurants for après-ski directly on the slopes.

**EXTRA SKI** - night hiking with lanterns and photography with snowshoes.

### Be sure not to miss

- The chairlift dedicated to the **Giro d'Italia**, with chairs autographed by the cycling champions who won a stage of the race
- In Sutrio, the **Teno nativity scene** and the **Vatican nativity scene**, which was displayed in the Vatican during the Christmas of 2022
- The thermal baths of **Arta Terme**
- At the **table**: cjarsòns (ravioli with a contrasting sweet and savoury filling), Frico with polenta, and Raveo biscuits
- The **Open-air Bible in Cercivento**, among the mosaics, murals and frescoes on the walls of public and private houses, in the streets and squares.
- The **former Coal Mine in Cludinico**: 150 kilometres of underground trails in Ovaro
- The **Museum of Folk Arts and Traditions of Tolmezzo**

## Pradibosco

**SKI** - Surrounded by the peaks of the Pesarine Dolomites and dense forests, it is a village where silence and nature create the perfect atmosphere to take your first steps on skis or immerse yourself in cross-country skiing on 23 km of slopes.

**EXTRA SKI** - fat bike trails and horseback riding in the snow.

## Forni Avoltri

Forni Avoltri is home to one of the three Italian Fisi biathlon centres: the "Piani di Luzza" Carnia Arena at an altitude of 1,043 metres has specialised facilities for practising the biathlon and, during the summer, part of the track is used for roller skiing.

**EXTRA SKI** - Located at the foot of Mount Coglians, the highest peak in Friuli Venezia Giulia, it is a true paradise for ski mountaineering and snowshoeing enthusiasts.

## Forni di Sopra

**SKI** - Set against the romantic backdrop of the Dolomites and part of the famous Dolomiti Nordic Ski cross-country circuit, the resort offers 13 kilometres of pistes in the Varmost ski district, where you can ski down challenging slopes - including the longest slope of the Region at 5.5 kilometres, which starts at 2,073 metres above sea level on Mount Cruscalas and descends to the valley floor - as well as tracks for everyone. There are also numerous ski mountaineering routes, some of which lead to mountain dairy farms where typical dishes are served.

**EXTRA SKI** - one of the most family-friendly destinations with the Fantasy Park for the children, a toboggan run and the new ice arena. In summer, there is the Dolomiti Adventure Park and, for the more daring, the Climb Varmost ferrata wall. Here you can climb on ice or participate in themed snowshoe hikes that feature tasting events, biathlon courses, and walks in the Friulian Dolomites Park.

### Be sure not to miss

- The 15th-century fresco cycles in the **Church of San Lorenzo**
- The **Friulan Dolomites Park**, a UNESCO World Heritage Site since 2009: considered the most pristine area of the entire Dolomite mountain range

## Sauris

**SKI** - an enchanted alpine village, named Best Tourism Village by the United Nations, with two tracks dedicated to school camps and a blue downhill slope, ideal for beginners starting out on skis, as well as a red and a black slope, the Zheile.

**EXTRA SKI** - excursions on snowshoes or joining an atmospheric carriage ride. People who love to relax can spend their time in the hay baths, saunas and whirlpools of the "Village of Sport and Wellness" Municipal Health Centre.

### Be sure not to miss

- The **Christmas market** and **Carnival** of **Sauris**
- The **zipline** overlooking the longest lake in Europe (open only in summer)
- At the table: The name of Sauris is linked to the lightly **smoked Prosciutto Crudo**, well paired with **local beer**
- **Glamping** experiences

## Sappada

**SKI** - The pearl where the Piave River has its source guarantees fun and excitement for everyone with its 15 km of alpine ski slopes appropriate for beginners as well as more experienced skiers, the 13 km loop with highly technical cross-country skiing sections, and the numerous ski mountaineering trails.

**EXTRA SKI** - from ice-climbing to snow walks along the Piave River, in the woods, or on pristine slopes, from the adventure park's thrill rides to outings on horses or carriages.

### Be sure not to miss

- A walk through the **hamlets of Old Sappada**, one of the Most Beautiful Villages of Italy
- The **Carnival/Plodar Vosenòcht**
- **Horse-drawn sleigh rides**
- **Nevelandia**, the largest snow playground in Friuli Venezia Giulia

## Piancavallo and the mountains of Pordenone

**SKI** - 17 km of ski areas with three highlights. A large snow park offers freestylers the chance to challenge themselves with jumps and rails, a border cross track, and a ski cross course for snowboarders and skiers. Cross-country skiers can also have fun with 15 km of slopes and a 1.5 km illuminated ring trail.

**EXTRA SKI** - The downhill ride on the rail bobsleigh, which plunges from an altitude of 1,500 metres with an average gradient of 15%, is thrilling. You can also experience snowshoeing and, for the little ones, have fun in the Nevelandia playground.

### Be sure not to miss

- A walk along the shores of **Lake Barcis**, the Village of Poffabro, and the Vajont Dam
- The **Claut ice rink** where you can skate or learn to practise curling
- The **Friulan Dolomites Park**, Listed as a UNESCO World Heritage Site in 2009, it is widely recognised as the most pristine area of the Dolomites: surrounded by its own natural park, it is a paradise for people who love trekking, ski mountaineering, Nordic walking, free climbing and ice climbing.

# The itineraries in the footsteps of history

Border and frontier are terms that are often associated with Friuli Venezia Giulia. Nestled in the heart of Europe, but open to the Adriatic, its strategic position has often placed the Region at the centre of major conflicts and important historical transitions, becoming one of the main stages for the events of the 20th century, known as the "The Age of Extremes".

History, here, is travelled one step at a time. History that can be discovered today by visiting the countless traces that the great events have left in Friuli Venezia Giulia, an authentic and vast open-air museum, starting with the 25 itineraries dedicated to the Great War. The Isonzo Karst, the Natisone Valleys, the peaks of Carnia and the Tarvisiano region have preserved trenches, fortifications, stations and the remains of barracks of the first line. In the hillside area of the Tagliamento, as far as the Friulian Dolomites, visitors can retrace the tragic events of the retreat of October-November 1917. In Trieste, one of the iconic cities of the history of Italy in the 20th century, and on the Karst plateau, both Austro-Hungarian and Italian memories coexist. Throughout the Region, there is evidence of the Second World War and the Cold War, which left everlasting scars behind.

## The numbers



- 25 museums
- 1 open air museum
- 100 thousand soldiers buried in the largest Shrine in Italy
- 500 km of itineraries through the historic sites of the 20th century

### 24 itineraries in an open-air museum

All the itineraries, open-air museums, and sites of the Great War can be discovered on the [www.turismograndeguerrafvg.it](http://www.turismograndeguerrafvg.it) portal for an interactive exploration of the places and events of the First World War

The "Walk of Peace", a journey between Slovenia and Friuli Venezia Giulia, from Bretto - Log pod Mangartom to Trieste, which was awarded as the best European Interreg project in 2020. From the Alps to the sea in the midst of nature to experience the history, culture, and food and wine of this Region on the border, which was completed in the spring of 2022. There are 25 stages connecting all the main open-air museums, sites, shrines, and monuments of the Great War.

## Be sure not to miss



For the **Great War**:

- The **Redipuglia War Memorial**, the largest Italian war shrine and one of the largest in Europe, which houses the remains of over 100,000 soldiers who fell during the Great War and has recently been restored
- The **museums of the Great War** of **Gorizia**, **Ragogna** and **Timau**
- The **Great War multimedia museum** of **Mount San Michele**
- The **Theme Park of the Great War of Monfalcone**
- The **Kolovrat open-air museum**

For the **Second World War**:

- The **Sabba Rice Mill National Monument and Museum** in **Trieste**
- The **Kleine Berlin**
- The **Foiba monument** of **Basovizza**
- The **"Diego de Henriquez" War for Peace Museum** of **Trieste**

For the **Cold War**:

- **Fort Beisner – Opera 4** of **Ugovizza**
- The **Bunker** of **San Michele**
- **Piazza della Transalpina/Trg Evrope**, the **Gorizia/Nova Gorica** cross-border guided tours, and the **Museum of Rafut**

# Pure nature

Friuli Venezia Giulia truly embodies the experience of entering an unspoilt and protected environment. It is the ideal place for people who want to enjoy nature at its best.

Not one, but many settings where time seems to stand still, amidst the magic of parks, lagoons, nature reserves and mountains, where silence and open spaces are king.

From the Friulian Dolomites, a UNESCO World Natural Heritage Site since 2009, to the Julian and Carnic Alps and Pre-Alps, from the gentle slopes of the Collio to the wild Karst of Trieste and Gorizia, from the Natisone Valleys to the evocative landscapes of the Grado and Marano lagoons: a territory teeming with biodiversity, where sport and nature become one and the same. Two nature parks, three regional reserves, almost forty biotopes and no less than 13 nature reserves for climbing, trekking, mountaineering, paragliding, hang-gliding, mountain biking and horse riding.



## Wild Nature Fishing

Marbled and brown trout, grayling and brook trout swimming in pure, crystal-clear waters. Away from mass tourist destinations, Friuli Venezia Giulia is a true paradise for fly and spinning fishing enthusiasts, with stretches of river and lakes reserved exclusively for catch&release.

For those who want to enjoy the treasures of the Region in complete safety, a professional fishing guide can certainly be an important point of reference. From selecting the best spot to obtaining licences and fishing permits, from specific equipment to the right approach to make your day unforgettable.

The dedicated website with all-inclusive package proposals is now online as of spring 2024:

[www.turismoFVG.it/fishing](http://www.turismoFVG.it/fishing).

## Trekking

For people who love to spend their free time surrounded by nature, Friuli Venezia Giulia offers many opportunities to enjoy this passion in a variety of settings with truly unique natural landscapes.

### Multiple-day and cross-border itineraries

- The **Via Alpina**: the yellow trail that starts in Trieste, crosses the Karst, the Carnic Alps, the Julian Alps, and ultimately reaches the Allgäu Alps in Germany
- The **Alpe Adria Trail**: the trekking route that connects Carinthia, Slovenia and Friuli Venezia Giulia in 43 stages. From the foot of the highest mountain in Austria, the Großglockner, the route crosses the most beautiful lake and mountain regions of Carinthia and Slovenia all the way to the Adriatic Sea in Muggia, near Trieste.
- The **Montanevie**: a tourist itinerary that winds along the first mountain range of the province of Pordenone, among forests and terraces on which villages and hamlets are built, genuine gems of spontaneous architecture
- The **Circuit of the Friulian Dolomites** UNESCO World

Heritage Site: 4 stages and 4 mountain huts, a trekking route in the beautiful setting of the Friulan Dolomites Regional Natural Park

- The **Alta Via of Forni di Sopra**: 5 days of trekking among alpine huts and cheese houses deep in the wilderness of the Forni di Sopra hollow
- “**Andar per Malghe**”: The **MADE**, the trekking trail that connects Sappada to Tarvisio and that, throughout its 144 km, covers the long and articulated main Carnic ridge at high altitude, linking the mountain pastures, farmhouses and alpine huts on the Italian and Austrian mountainsides
- The **Sentiero Italia**: to discover the wild and unspoilt beauty of the Karst on a long journey across Italy
- The **Julius Kugy Trail**: a route in the footsteps of the chamois on nature walks, via ferratas and mountaineering trails named after Julius Kugy, a poet and writer from the Julian Alps
- Out and about with your **four-legged friends**: dog trekking in Fusine in the Julian Alps or Pre-Alps, horse riding in Carnia or in the picturesque Magredi steppe - equestrian trails and donkey trekking.



## On a day trips

**Lake Barcis**, **Lake Sauris** and **Lake Cavazzo**, emerald-green waters surrounded by Alpine peaks

- The **Fusine Lakes**, splendid stretches of water nestled in a kingdom of deer, lynx, roe deer, and bears
- On **Mount Matajur** to admire the complete landscape of Friuli Venezia Giulia from above
- **The sources of the Piave River in Sappada**: an excursion on foot, by bike, or by car (during the summer period) to reach the sources of the sacred river of the Nation located at the foot of Mount Peralba at an altitude of 2,037 metres
- The **Mosaic Thread** of **Tramonti di Sotto**, the mosaic project that began in 2015, winds its way through the streets and houses of the historic centre inspired by the elements of nature together with local legends and traditions.
- **Poffabro**, where silence evokes ancient atmospheres among the wooden balconies and square stone walls
- **Paularo**, the village of mountaineers
- **Malborghetto-Valbruna**
- **Pesariis**, the village of **clocks**

## Higher and higher

- The **Bell Tower of Val Montanaja**, the symbol of mountaineering in the Friulian Dolomites
  - The **Cliffed coast of Trieste**
- 

# Water sports

## Rivers and torrents

- **Rafting** or canoeing on the **Fella River** and the **Tagliamento River**, the king of the Alps
- **Canyoning** for beginners, intermediate or expert levels, the morphology of the Friuli Venezia Giulia mountains creates spectacular gorges to be travelled in extreme safety.

## The caves

- With a **speleological guide**, you can safely explore the caves of Pradis and Villanova, Giovanni d'Antro, Merlino, and Fontanon Goriuda
- Visit tourist caves with the family and children to observe stalactites and stalagmites: the **Grotta Gigante** (one of the largest tourist caves in Europe) and **Torri di Slivia** on the **Karst of Trieste**, the **Pradis caves** in the **Arzino Valley** and the Villanova caves in the **Julian Pre-Alps**

## For the children

So many adventure parks throughout the Region.

- First steps and first thrills among the trees at the **Dolomiti Adventure Park** in **Forni di Sopra**, the **Sella Nevea Adventure Park** and the **Rampy Park** in **Piancavallo**, the **Madessa** Adventure Park in **Ravascletto** and the **Tarvisio** Adventure Park that also features a zip line
- The **Gnome Village** in **Sappada**: in the Daini Park area there is also a little hamlet with small houses and games for the youngest

## Zero metres above sea level

- **Salt marshes** and **mud flats**, particular strips of sand emerging from the **lagoons of Grado and Marano**
- **Birdwatching** and **nature photography** in the lagoons of Grado and Marano, where among the "casoni" (fishermen's huts) and protected oases, a world populated by 320 different species that in some periods reach 100,000 specimens
- the **Miramare UNESCO Biosphere Marine Reserve**, the oldest in Italy, to be explored with guided dives

## Lakes

The peaks of the Carnic Alps are home to picturesque alpine lakes that can be reached via numerous paths. The lakes of Bordaglia, Avostanis, Mediana, Tarond and Crasulina to name but a few.

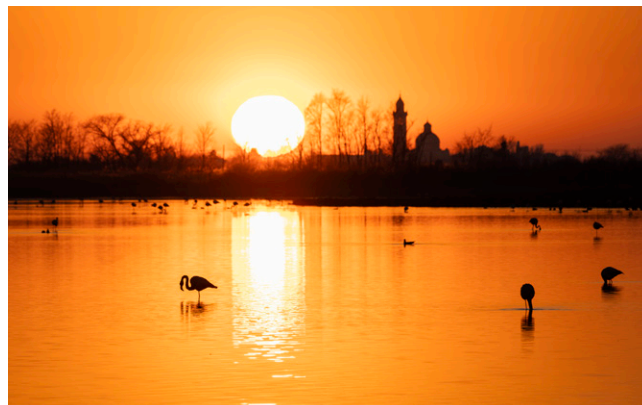
- Canoeing on **Lake Predil**, **Lake Barcis**, and **Lake Sauris**, windsurfing or sailing, but also on board a paddle boat on **Lake Cavazzo**

## The sea

- 130 kilometres of coastline for all kinds of excitement: slowly cruising by **canoe** or **sup** through the lagoon channels, cutting through the wind and the waves on **kitesurfing** and **windsurfing** boards, sailing, or admiring the fascinating marine life while **diving** or **snorkelling**

## The numbers

- **2** parks
- **3** protected areas
- **13** nature reserves
- **37** biotopes
- The Friulian Dolomites: A UNESCO World Heritage Site since **2009**
- Alpe Adria Trail : **43** stages for **3** countries
- The Julian Pre-Alps Natural Park
- The UNESCO MAB Biosphere Reserve
- **MADE**: **9** stages on foot or **7** by bike. **144 km** of Carnic ridge
- More than **50** active alpine pastures and **35** trekking and hiking mountain huts



## FVG Outdoor

**FVG Outdoor:** a new Active section of the dedicated website from spring 2024 ([www.turismo.fvg.it/it/active](http://www.turismo.fvg.it/it/active)) trekking, water sports, flying (paragliding and hang gliding), biking, climbing and adrenaline.

**OutdoorActive:** from spring 2024 the addition of new trekking itineraries (the mountains, the sea, the Friulian Dolomites and the MAB- UNESCO Julian Alps).





# Villages and artistic treasures

Lands and traditions to discover slowly.

The villages of Friuli Venezia Giulia are the proud custodians of traditions, with ancient knowledge and trades revived by their artisans.

They offer the opportunity to discover the Region along unique landscapes and itineraries, experiencing nature and rural villages, workshops, secret castles and ancient mills where time seems to have stood still.

## Villages and traditions to discover

- The **13 Most Beautiful Villages of Italy** in Friuli Venezia Giulia: **Claiano, Cordovado, Fagagna, Gradisca d'Isonzo, Palmanova, Poffabro, Polcenigo, Sappada, Sesto al Reghena, Strassoldo, Travesio, Valvasone Arzene** and **Venzone**
- **Sacile**, the “**Garden of the Republic of Venice**” is a perfect combination of land and water that is expressed through alleyways, bridges, and noble palaces where you can discover the elegance of Venetian Renaissance architecture
- **Villa Manin** in **Passariano**, a Venetian villa in Palladian style, where Napoleon signed the Treaty of Campoformido. Today it is a renowned venue for international exhibitions
- The medieval **Castle of Ragogna**, home to the Scriptorium Foroiuliense, which is one of the very few amanuensis schools in Italy
- **Forni di Sotto, Lauco, Ravascletto, Raveo**, and **Sauris** are the **authentic villages of Friuli Venezia Giulia**, proud custodians of architecture and traditions with an ancient spirit.
- The **Resia Valley**, where language, traditions, and folklore have remained unchanged for almost 15 centuries
- The **7 "Orange Flag" villages** as appointed by the Italian Touring Club: **Andreis, Barcis, Cividale del Friuli, Maniago, Frisanco, San Vito al Tagliamento** and **Sappada**
- The 4 charming “**Historic Maritime Villages**” of Friuli Venezia Giulia: **Grado, Marano Lagunare, Muggia** and **Duino-Aurisina**



## The numbers

- **13** Most Beautiful Villages in Italy
- **7** “Orange Flag” villages as appointed by the Italian Touring Club
- **5** authentic villages
- **4** maritime villages

## Did you know that

- The “**Albergo Diffuso**” (dispersed hotel) model is a type of accommodation system that was created in Friuli Venezia Giulia to offer tourists the typicality of the surrounding territory, enhancing rural areas with all their specific cultural and natural features.
- In **Muggia**, a maritime village bearing a strong imprint of the Venetian Republic, you can visit the Rosenfeld sponge factory, the oldest in Europe
- **Duino** is dominated by the castle, perched on high cliffs towering above the sea. It features the Rilke path, overlooking the Adriatic and reaching as far as Sistiana, which inspired poets and writers such as D'Annunzio, Mark Twain, and, of course, Rainer Maria Rilke
- **Venzone** was awarded the title of the Village of all Villages in 2017
- In 2022, **Sauris** was recognised as a Best Tourism Village

# From the Alps to the lagoon: pedalling to discover the territory

As many as 1,400 kilometres of cycle routes, more than 800 of which are already accessible, crossing rivers, streams, the countryside and forests, visiting ancient villages and characteristic hamlets, for an all-round tourism experience that embraces sustainability and environmental awareness all year round

Slow itineraries through landscapes and vineyards that are perfect for families and fans of authentic flavours. Climbs and descents through nature on mountain bikes, exciting roads and mountains known from the Giro d'Italia - including the famous Zoncolan - for sports enthusiasts on racing bicycles. Last but not least, in addition to the better-known Alpe Adria Cycle Track, which crosses the entire Region from the mountains to the lagoon, intertwining with history, culture and traditions and which is one of the most award-winning routes in Europe, there are many other exciting itineraries in our territory, which can be travelled 365 days a year.



**Friuli Venezia Giulia offers an all-round experience: from racing bikes to gravel bikes, from fat bikes to mountain bikes, from city bikes to trendy bikes, with routes for everyone.** It is one of the few Italian Regions which has a Regional Plan for Cycling Mobility (Premoci) that involves 10 cycle routes, five of which have already been mapped out for tourism aimed at sustainability and environmental awareness. Approximately 60 loop circuits branch off from the cycle routes to discover rural villages, cities of art, UNESCO World Heritage sites and untouched nature.

## A year-round cycling adventure from the Alps to the Adriatic Sea

**Multi-day cycling itineraries** Indicatively, each stage can be covered in one day

**ALPE ADRIA CYCLE TRACK (FVG1)** A fascinating cross-border route, linking Salzburg with Grado, which crosses the border of the Alps and reaches the Adriatic Sea. An itinerary that travels through two UNESCO World Heritage sites (Palmanova and Aquileia) and two of the Most Beautiful Villages of Italy (Venzone and Strassoldo). The stages in Italy are: Tarvisio - Venzone - Udine - Grado. **Total length: 415 km, of which 175 km are in FVG and 810 metres at the highest altitude in FVG.**

**THE ADRIATIC CYCLING ROUTE (FVG2)** It is part of the European Eurovelo 8 cycle track that starts from

Cadiz (Spain) and reaches Athens, with a length of 7,600 kilometres. In Friuli Venezia Giulia it corresponds to a section of the AdriaBike (currently involved in Interreg projects) which starts in Slovenia (Kranjska Gora) and descends to Gorizia and then reaches Trieste before continuing towards Venice with an extension to Padua and Ravenna. The AdriaBike is the end point of the Munich-Venice cycle route and in Friuli Venezia Giulia it connects Lignano Sabbiadoro with Trieste: a route along the coast through a UNESCO World Heritage Site (Aquileia) with the possibility of travelling some sections on boats equipped for transporting bicycles. The stages are: Venice - Caorle - Lignano Sabbiadoro - Grado - Trieste. **Total length from Venice: 260 km of which 136 in FVG.**



**PEDEMONTANA CYCLING ROUTE (FVG3)** The cycle route runs at the foot of the Pre-Alps through villages, towns with typical rural stone architecture and the winegrowing areas that produce the celebrated wines of the Grave, Colli Orientali del Friuli and Collio wine districts. The itinerary features minimal elevation gain and features cycle tracks, easy gravel roads and limited road traffic. The route starts in Sacile, which is connected to the Munich-Venice cycle route via the Meschio River (Sacile-Vittorio Veneto) and ends in Gorizia, which is linked with the AdriaBike. The UNESCO World Heritage site of Cividale del Friuli is also reached. Stages: Sacile – Maniago – Gemona del Friuli – Cividale del Friuli – Gorizia. **Total length: 180 kilometres.**

**TAGLIAMENTO CYCLING ROUTE (FVG6)** The bicycle itinerary runs along both sides of the Tagliamento River, which is the king of European rivers by virtue of its characteristics. Cycle tourists can admire a great variety

of landscapes, from the Carnic Alps to the morainic hills of San Daniele del Friuli and the Friulian plains, all the way to the sea at Lignano Sabbiadoro. The peculiarity of this cycle route is that it consists of two parallel tracks, separated by the river, that form a large loop to be covered in six days, crossing different territories and returning to your car at the starting point. Stages along the right bank: Tolmezzo-Spilimbergo-San Vito al Tagliamento-Lignano Sabbiadoro. Total length of the route along the right bank: 142 km. Stages along the left bank: Tolmezzo-San Daniele del Friuli-Codroipo-Lignano Sabbiadoro. Total length of the route along the left bank: 146 km.

From Tolmezzo it is possible to cycle along the But and Degano Rivers, two tributaries of the Tagliamento River, following the two cycle routes that make up the short Carnia Cycle Route (FVG8), passing through archaeological sites and the Carnic Alps Geopark.

## FAMILY

In Friuli Venezia Giulia you can cycle with your family in complete safety. Below is a selection of protected cycling routes suitable for children from 10 years of age accompanied by their parents.

- **The Grado Cycling Circuit** (approx. 11 km)
- **The Saisera Valley Cycling Circuit** (approx. 19 km)
- **The Rogge Cycling Circuit** (approx. 36 km)
- **The Trieste – Draga Sant’Elia Route** and return (approx. 21 km)
- **The Maniago – Cavasso Nuovo Route** and return (approx. 15 km)
- **The Tolmezzo – Zuglio - Arta Terme Route and return** (approx. 19 km)

There is also an off-road cycling school in Friuli Venezia Giulia at Monte Prat (Forgaria nel Friuli), which is close to the town of San Daniele del Friuli, for children from the age of 6, directed by a former national champion.



## Mountain bike

Experiencing nature on a mountain bike is an intense activity with climbs, descents, dirt roads and endless surprises and challenges at every bend.

- The **Made-bike** - a route along the Alpine arc (Julian and Carnic Alps) to the Austrian border
- The **"4valli trail"** - routes in the Carnic Alps
- The **Natisone and del Torre Valleys** - gravity itineraries

## Food&Wine

The bicycle tracks and loop circuits cross territories that are rich in wine and agri-food resources. This is a selection of cycling loop itineraries for a unique food and wine experience.

- The **Collio-Brda Circuit** - a cross-border route through the vineyards of Collio and Brda
- The **Ribolla Gialla di Rosazzo Circuit** - a route through the vineyards of the DOC Colli Orientali del Friuli wine district
- The **San Daniele Circuit** - a route dedicated to Prosciutto Crudo
- The **Montasio Circuit** - a route to discover the place where Montasio cheese was born.

## Sporting cycle-tourism

For people who love racing bike challenges, Friuli Venezia Giulia is the Region that presents incredible opportunities to put themselves to the test by tackling the climbs of the following stages of the Giro d'Italia:

- The **ascent of Mount Zoncolan** from Sutrio or Ovaro in the Carnic Alps
- **Mount Ragogna** near San Daniele del Friuli
- The ascents of the **Montasio plateau** and **Mount Lussari** in the Julian Alps
- **Aviano – Piancavallo**
- **Cividale – Castelmonte**



## Intermodal transport

Friuli Venezia Giulia is a Region that provides cyclists and sportspeople with the opportunity to travel by public transport with their bicycles. Throughout the year, regional Trenitalia trains reserve seats for bike transport, just like the Udine - Cividale train service and the MiCoTra, the train that connects Udine to Villach, in Austria, twice a day, and on Saturdays and Sundays also Trieste - Villach (both services are

managed by the operator Ferrovie Udine - Cividale). In the summer season the offer is expanded with the activation of the BICIBUS and BICI+BOAT services, which connect the seaside resorts of Grado and Lignano Sabbiadoro to Trieste, Aquileia, Muggia, and Marano Lagunare. Lignano is linked to Bibione by the boat crossing on the Tagliamento River.



# Sea, wind harmony and passion

Over 25 marinas, numerous shipyards and sailing clubs, totalling more than 15,000 berths, spread across 130 kilometres of coastline.

Friuli Venezia Giulia is the ideal starting point for all types of vessels and it provides top-class services, with moorings that are also equipped for mega-yachts, shore entertainment and all types of amenities, including specialised shipyards and a network of companies and skilled professionals devoted to the sector.

The range of boating services is diversified between marina resorts with wellness facilities, swimming pools, restaurants, dry marinas, floating mobile homes, and house boats located in a variety of natural settings.

Throughout the year, the Region hosts more than 100 high-profile nautical events, the most important of which is the Barcolana: on the second Sunday in October, the Gulf of Trieste becomes the scene of the largest regatta in the world, a magical mix of competitive racing and "pop" party that transforms Trieste into the sailing capital of Europe.

A spectacle that floods the Gulf with boats of all sizes, from the most technologically advanced hulls to the smallest sails, a feast of sea and land that brings dates and events to the capital of Friuli Venezia Giulia for ten days ([www.barcolana.it](http://www.barcolana.it)).

## The numbers

- **25** marinas
- **15** thousand moorings
- **1** single marina network
- More than **100** nautical events each year
- The **Barcolana** is the largest and most popular regatta in the world
- **Safety** for boaters in the dry marinas



## Did you know that...?

- There are two **cruise hubs** in Trieste and Monfalcone, homeports of large ships such as MSC, Costa Crociere and other minor cruise lines.
- In Lignano Sabbiadoro, you can rent **floating homes** for an exciting and unique experience, while from Pre-cenico, on the Stella River, you can set sail on house-boats for a slow experience through the canals of the lagoon.
- **Dry marina** to enjoy your boat all year round
- **Specialised shipyards** and highly skilled personnel, with expert know-how and qualified staff
- **12 Blue Flag marinas** with international recognition from FEE, the Foundation for Environmental Education
- Use of **electric vehicles, charging points** and **repowering technology**.
- The marinas of Friuli Venezia Giulia are committed to **sustainability**, with projects for the recycling of sails and the promotion of local food and wine products with the "**Io sono Friuli Venezia Giulia**" trademark in tourist ports.



# Rigenerating body and soul

**Wellness for the body, renewal of the mind. Choosing Friuli Venezia Giulia is also about plunging into an oasis of peace, where the centuries-old tradition of spas and herbal medicine is coupled with a wide range of state-of-the-art techniques**

## The Thermal baths of Arta (in the Province of Udine)

The ancient Romans were the first to discover the therapeutic properties of the mineral water from the Pudia spring, which supplies the spa. The pure, balsamic air, the uncontaminated nature and the geo-climatic position of Carnia, just a few kilometres from Mount Zoncolan, which is particularly favourable to energy regeneration, create the ideal conditions for a wellness bath. The Aquadea Centre offers beauty, wellness and aesthetic medicine, as well as a water palace with thermal pools suitable for families, a large relaxation area, saunas at different temperatures, Turkish baths, experience showers and a Kneipp path. Ideal for après-ski or a relaxing break at any time of year. After a complete restyling, the new leisure pool and the renovated inhalation department were inaugurated at the beginning of 2024.

[www.termediarta.it](http://www.termediarta.it)

## The Roman Baths of Monfalcone

Situated at the foot of the Karst, the Roman Baths of Monfalcone are a thermal oasis of wellness and relaxation where the water flows naturally at a temperature of 38-39°C. Famous since Roman times and located just a short distance from Aquileia, they offer a wide range of services for rehabilitation, care and physical well-being.

[www.termeromanedimonfalcone.it](http://www.termeromanedimonfalcone.it)

The spas of Friuli Venezia Giulia:

[www.turismofvg.it/terme-e-wellness](http://www.turismofvg.it/terme-e-wellness)



## The Marine Thermal Baths of Grado

Thalassotherapy, swimming pools overlooking the sea, saltwater recreational facilities and sand baths are the jewels in the crown of the Marine Thermal Baths of Grado, the most fashionable spa of the Hapsburg era and a centre renowned for the specific and extraordinary beneficial properties of the natural elements it offers. The thermal baths, which are currently undergoing a major redevelopment and expansion, with the renovation of the sanitary facilities and the future upgrading of the spa area, offer an aquatic thermal park and a hot zone with sea mist and biosauna treatments.

[www.gradoit.it](http://www.gradoit.it)

## Relaxation and much more at the spas

Throughout Friuli Venezia Giulia you will find a wide range of accommodation options, including golf clubs, wineries and marinas set in natural bays with wellness and spa centres, some of which are open to the public and have won awards of excellence.

**Nature bathing**, woodland and vineyard excursions as well as mountain activities to recharge your body and mind.



# Meeting and congresses, quality and excellence

In the heart of Europe and served by the airport of Trieste, just an hour away from the international airports of Venice and Ljubljana, Friuli Venezia Giulia is the ideal destination for congress tourism

La regione offre l'opportunità di ospitare convention, meeting e workshop di diversa tipologia e affluenza nelle numerose location dotate di moderne infrastrutture e dislocate su tutto il territorio regionale, oltre a diverse occasioni per attività di team building. Il territorio che fa da cornice, con la sua varietà di paesaggi dall'Adriatico alle Alpi, dalle città d'arte alle innumerevoli cantine, è l'ideale per chi intende conciliare il lavoro con programmi di escursioni, occasioni di svago, relax e shopping, itinerari enogastronomici e culturali.

## The numbers

- **6 congress centres**
- **9.200 total accommodations** (Hotels, castles, historical residences, charming locations, and wine estates)



**TRIESTE** is the most important operational centre in the congress sector: an area with a high intensity of innovative research and science centres, start-ups and universities. An ideal hub for combining research, innovation, industry and creativity, it offers state-of-the-art venues and excellent hotel accommodations.

- **TCC, Trieste Convention Centre** - The new conference centre located in the city's Old Port opened in 2020 with 1,920 seats, to which 5 additional halls were added, increasing the total capacity to 2,834 seats and 5,000 m<sup>2</sup> of exhibition space
- **The Maritime Station Convention Centre** - With a capacity of up to 500 seats
- **The Area Science Park** - Providing 15 halls seating up to 500 people
- **The Portopiccolo Pavilion** - Featuring 6 halls with a capacity of 485 seats, designed for every type of event
- **The Udine Trade Fair Conference Centre - the Udine Congress Building** - With an indoor area of 21,000 m<sup>2</sup> and outdoor areas of 10,000 m<sup>2</sup> Specifically designed to host large events. The modern Pavilion 6, covering a surface area of 4,000 m<sup>2</sup>, provides an attractive and functional setting for major appointments
- **The Grado Congress Centre** - An auditorium with 976 seats
- **The Kursaal Conference Centre in Lignano** - With a fully equipped hall seating 500 people
- **The Pordenone Trade Fair Congress Centre**: up to 3,000 seats, with an exhibition space divided into 5 pavilions that can accommodate up to 4,000 people
- In addition to the traditional offer of hotels, exhibition centres, conference halls, and meeting rooms, there is also the possibility of hosting events in ancient castles, **historical residences, charming locations, and wine estates**
- The **dedicated PromoTurismoFVG consultancy service** is free of charge and it guarantees that companies, associations, meeting planners, and Professional Congress Organizers will be provided with high-quality conference event organisation and procurement in the Region [www.turismofvg.it/it/mice](http://www.turismofvg.it/it/mice)

# From the Alps to the sea, the endless visions of golf

Seven courses nestled in breathtaking landscapes surrounded by pristine nature. In Friuli Venezia Giulia, golf has the flavour of discovery and adventure: from the woods of the Alps to the Adriatic Sea, with the courses on the water of the Grado lagoon, adown the gentle slopes of the hills, the vineyards and the castles of the Province of Gorizia

In a Region that unites mountains, sea and hills in just over 100 kilometres, seven 18-hole courses evenly distributed throughout the territory offer a rich variety of natural settings of outstanding beauty.

- **Grado Golf Club**
- **Trieste Golf Club**
- **Castello di Spessa Golf & Country Club**
- **Udine Golf Club**
- **Pordenone Golf Club**
- **Tarvisio Senza Confini Golf Club**
- **Lignano Sabbiadoro Golf Club**
- **Sappada Golf Club** (9 holes)

The **Golfing in Friuli Venezia Giulia** business network was launched in 2022, uniting six golf courses spread throughout the Region, complemented by an incoming travel agency. It was created to offer golf enthusiasts a structured and complete experience of discovering the territory by exploring its traditions, its typical products and all the activities that can be enjoyed in Friuli Venezia Giulia.

## The numbers

- **7 Locations, 18 holes** from the sea to the mountains
- **Friuli Venezia Giulia** is the flagship Region of "Italy Golf&More"



Friuli Venezia Giulia is the flagship region of the joint project "Italy Golf & More" 2022- 2023-2024. This is a national planning agreement that, in synergy with the National Tourism Agency - ENIT, the Italian Golf Federation and the Regions of Veneto, Piedmont, Lombardy, Emilia-Romagna, Tuscany, Lazio, Sicily and Sardinia, promotes and develops the golf system in Italy towards its target markets, integrating the range of activities with cultural, food and wine and experiential opportunities. In 2023, Rome hosted the 44th Ryder Cup, the third largest sporting event in the world.



# An accessible Region

PromoTurismoFVG and the Friuli Venezia Giulia Regional Council of disabled people and their families have been involved in the "A Region for All" project since 2012, for the identification and improvement of barriers, not only architectural or sensory but also informative and cultural, in order to guarantee an accessible holiday and accommodation for visitors.

The new dedicated website [www.friuliveneziagiuliapertutti.it](http://www.friuliveneziagiuliapertutti.it) provides all the information on accessible experiences and services.

The activities undertaken have been innovating internal organisational processes, improving skills and reinforcing relations with external stakeholders.



# A sustainable Region

Since 2019, PromoTurismoFVG has adopted an approach to sustainability articulated in two dimensions: internal, relating to the «sustainable» management of the entity and its medium-term direction, and external, relating to the structure and promotion of sustainable tourism experiences, in collaboration and with the involvement of the territory.