

Autumn in full colour: five of the most beautiful autumn foliage walks in Friuli Venezia Giulia

In Carnia to rediscover rural life in the stone villages and traditional *stavoli*. In the Friulian Dolomites with unforgettable gorges and stunning views. The enchanting Fusine Lakes with their golden reflections at the foot of the Julian Alps. The waterfalls and ancient mills of the Natisone Valleys. Finally, the Karst region, a mosaic of changing landscapes and historical memories.

Over twenty routes suitable for hikers, families and dog walkers.

Trieste, 7 October 2025 - At the beginning of autumn, the mountains of Friuli Venezia Giulia are dressed in their most enchanting attire. The forests become a palette of colours: the gold of the beeches, the copper of the larches, the red of the birches and the amber that lights up every valley. It is the time of the autumn foliage, an invitation to slow down and enjoy the spectacle. Breathing in the scent of moss and mushrooms, listening to the silences interrupted only by the flowing water or the wind moving the leaves. There are so many beautiful alternatives to discover the lesser-known side of this region, which even in autumn offers authentic opportunities for relaxation, freedom and finding inner peace. There are more than twenty routes to be found in the [newly updated autumn foliage section](#) of the [PromoTurismoFVG website](#).

The trails vary in length, duration, and altitude, and each one comes with a map and precise directions. The collection makes it easy to choose the most suitable walks during the different stages of the autumn foliage. The routes include **loop trails, walks suitable for families with children, trails that combine the walk with historical and cultural sites and routes that allow dogs**. Among all these, we have selected five of the most beautiful trails, in the Carnic Alps, the Friulian Dolomites, the Julian Alps, the Natisone Valleys and on the Karst region.

Carnia - Pani Loop

At an altitude of 900 metres, the Pani plateau, in the municipality of Raveo, officially one of the 'Authentic Towns and Villages of Italy', offers a walk that combines nature and rural tradition. Passing through stone hamlets, barns, and with mid-mountain views, the loop trail (6.3 km, 2 hours, 262 m difference in altitude) offers an authentic experience of rural life and the slow pace of the Carnia region. Recommended for families with children, this venue invites you to rediscover the beauty of authenticity in a vibrant environment. Through meadows, beech forests and past traditional *stavoli* (typical Carnic cottages), you can breathe in the rural culture, rooted in respect for nature and its cycles. **The Pani loop trail is not just a simple hike, but an experience that invites reflection on alternative lifestyles and the beauty of simplicity**, offering sweeping views of the Pani basin, with meadows, beech forests, and the traditional *stavoli* that tell the tale of centuries of rural life.

Friuli Dolomites - Dint Trail

This simple hike, suitable for all ages, offers three panoramic viewpoints over the surroundings of Lake Barcis and the spectacular Cellina gorge, among the Friulian Dolomites that rise above the foothills area of Pordenone. The loop (4.3 km, 1h30, 215 m difference in altitude) starts at the visitor centre of the reserve and climbs past trail sign 997, passing by the striking Pozzo della Pioggia (rain well). From the first viewpoint, you can admire Lake Barcis with the Antoi bridge dam, from the second, you look out over the mouth of the gorge, while the third – with a scenic red spiral staircase – offers unforgettable views of both the lake and the village of Andreis. The descent leads to Forcella Dint and finally back to the lakeside. The walk features forests, sheer rock faces, and turquoise waters, in one of the most charming natural settings of the Friulian Dolomites, a UNESCO World Heritage Site.

Julian Alps - Fusine Lakes

Immersed in the thousand-year-old forest of Tarvisio, the Fusine lakes are an iconic landmark in the Julian Alps. **Two glacial basins (one upper and one lower) connected by groundwater, sitting at the foot of Mount Mangart**. The loop hike (5 km, 2 hrs, 100 m difference in altitude) follows forest footbridges, moraine ridges with large erratic boulders, and stretches along the lake shores, offering golden reflections in autumn and spectacular views of the surrounding mountain range. In addition to the routes around the lakes, the area is an ideal destination for more challenging hikes, via ferratas, and rock climbing on the

nearby faces of Pirona and Ponze. Located in a panoramic position, the Zacchi mountain hut, is a perfect resting place, easy to reach even for children. This place allows you to enjoy authentic contact with nature, in any season.

Natisone Valleys - Kot Falls

A short but suggestive itinerary (1 km, 30 minutes, minimum difference in altitude) leading to the scenic Kot waterfalls, in the heart of the Erbezzo valley, which can be reached **following the course of the Natisone river from Cividale del Friuli, one of the most beautiful villages in Italy and a UNESCO heritage site**. The trail follows the Patok and Pod Tamoran streams, passing the ruins of an old mill and through shady woodland before reaching the pool filled by a waterfall over ten metres high. The travertine deposit beneath the waterfall and a large moss-covered cavern, accessible when the water level is low enough, immediately catch your eye. An easy hike suitable for all ages, ideal for experiencing the authentic nature of the Natisone Valleys and enjoying the fresh air and beauty of the outdoors.

Karst - Loop Trail, Doberdò and Pietrarossa Lakes Nature Reserve

In the heart of the Isonzo Karst region, not far from Gorizia and Trieste, this 11 km hike (approx. 4 hours, 300 m difference in altitude) takes you through the unique landscapes of the Doberdò and Pietrarossa Lakes Nature Reserve. Two great karst depressions, separated by a limestone ridge, create these water basins with changing water levels, **among the few examples of karst lakes in Europe**. The hike features forests, clearings, and panoramic views that change with the seasons. Beyond its natural beauty, **the trail preserves the traces of history: trenches and emplacements from the Great War**, featuring information boards that turn the walk into a journey through nature and memory. The trail is ideal for those seeking a slow, contemplative experience featuring water, rocks and history.