
IO SONO
FRIULI
VENEZIA
GIULIA

I T A L Y

PromoTurismoFVG
*Strategies, Development,
Operations for Tourism*

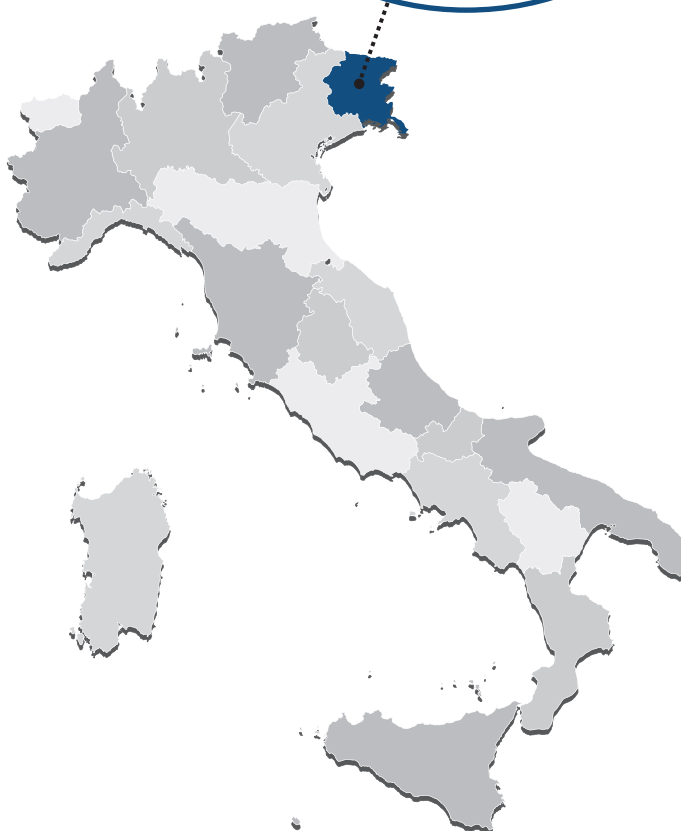
PRESS

Between the **Alps**, the **Dolomites** and the **Adriatic Sea**, Italy's true essence is condensed in one single region

Friuli Venezia Giulia is proof that there are still parts of Italy to discover.

A hidden hamlet to get lost in, the latest vintage to sample, a mountain trail to tackle, new stories to uncover: this region is capable of rekindling the thrill of a first-time experience.

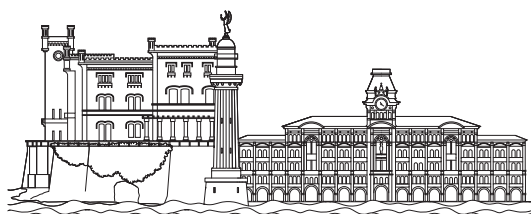
From the peaks of the Alps and the Dolomites to the waves of the Adriatic Sea, from the elegant squares of historic cities, to the narrow streets of ancient villages, from UNESCO World Heritage Sites, to the rolling hills of Collio, Friuli Venezia Giulia brings together, within a single region, all the features that have long made Italy such a beloved destination for writers, poets, and travellers. Authentic and deeply rooted in its traditions, this borderland at the heart of Europe has transformed its unique geographical position into a true cultural treasure: in just two hours' travel, Italian, Slavic and Germanic cultures intersect in a journey through history, traditions, languages, and faiths.



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

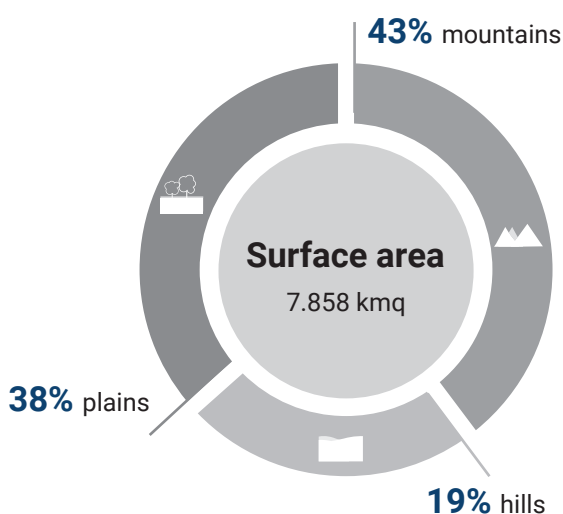


5 UNESCO World Heritage Sites

Aquileia
Cividale del Friuli
The Friulian Dolomites
Palù di Livenza
Palmanova

2 MAB Biosphere Reserves

Julian Alps
Miramare UNESCO
MaB Reserve



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

Recognized 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)

Culture without borders through art and UNESCO sites

Treasures of art and history unfold 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 live on in this borderland, later marked by the dramatic events of the First and Second World Wars as well as the Cold War. Their influence can still be felt today in the cities of Trieste, Udine, Pordenone and Gorizia, where cultures, languages and traditions have intertwined for centuries. This rich heritage is also reflected in the region's UNESCO World Heritage Sites: Aquileia, Cividale del Friuli, Palmanova and Palù di Livenza, along with the striking landscapes of the Friulian Dolomites, and their natural and cultural background.

Trieste

Nestled between the white limestone landscape of the Karst and the deep blue waters of the Adriatic Sea, Trieste is the most international city in the Region. It is constantly evolving while preserving its unique mixture of languages, cultures and religions, where a Central European heritage blends seamlessly with a Mediterranean soul. The capital of Friuli Venezia Giulia, Trieste, is home to Piazza Unità d'Italia, one of the most beautiful squares facing the Adriatic Sea.



FVGcard

Your pass to experience Friuli Venezia Giulia



The key that unlocks the treasures of art and culture in the Region is the **FVGcard**. This is a pass that can be purchased for a period ranging from 48 hours to a week, and which includes unlimited access to all the main regional museums and historic-artistic sites, as well as participation in guided tours designed and organized by PromoTurismoFVG. The rental of multi-language audio guides, is also available in a digital format.

Top 5

- Miramare Castle, the fairy tale home of Maximilian of Habsburg and his wife Charlotte of Belgium
- **In the footsteps of the great personalities of literature:** Joyce, Svevo, Saba, and an unmissable stop at the LETS Literature Museum
- Trieste is also the **city of coffee:** as 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 experience to discover with a stop at one of the numerous literary cafés
- **The city of sea and science:** it is home to the Immaginario Scientifico **Science Park**, the **BioMa** (the marine biodiversity centre), the **Synchrotron**, the **SISSA** International School for Advanced Studies, 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 Marian sanctuary on Monte Grisa, the cathedral of San Giusto.

Udine

A cheerful, elegant and friendly city where its refined architecture blends with the rustic charm of the traditional inns. Once the capital of the medieval Patria del Friuli, and closely tied to the Venetian Republic, the city still reflects its Venetian heritage in the palaces and throughout its historic centre. It is home to a remarkable collection of works by **Giambattista Tiepolo** (1696-1770), the last great painter of the Venetian school: some of his finest masterpieces can be admired in the Archbishop's Palace, as well as in the cathedral and in the Gallery of Ancient Art.

Top 5

- The **Castle of Udine** offers a 360-degree panoramic view of Friuli Venezia Giulia, stretching from the plains to the mountains
- **Casa Cavazzini**, the **Museum of Modern and Contemporary Art**, is an elegant venue dedicated to modern and contemporary exhibitions. Renovated by Gae Aulenti, who was born in Friuli, it is home to important works by some of the most significant artists of the 20th century from both the Italian and international scene.
- The colours and skillful use of perspectives in **Giambattista Tiepolo's** frescoes in the **Diocesan Museum of Udine**.
- Discover the city by wandering through **medieval alleyways**, **canals**, **bookshops**, and **boutiques**, while taking time to stop at a traditional inn and enjoy the ritual of a "tajut."
- **Piazza Matteotti**, the city's gathering square where locals love to stop for a coffee or an aperitif.



Gorizia

A border city in the heart of Europe, symbolically with one foot in Italy and the other in Slovenia, Gorizia lies beyond the most traditional tourist routes. **Piazza Transalpina** was, until a few years ago, the emblem of a border city: the wall that crossed it divided the two souls of the city. Today, it stands as a landscape of memory – an indelible reminder of the past but also the symbol of a renewed unity. From the castle of Gorizia, the view opens onto the gentle hills of **Collio**, a land renowned for producing wines appreciated all over the world. Together with Nova Gorica, Gorizia was the European Capital of Culture 2025.



Digital Art Gallery

In Gorizia, the newly renovated Galleria Bombi tunnel is now home to the DAG – Digital Art Gallery, the largest digital gallery in Europe. The tunnel is over 300 meters long, 100 meters of which are completely covered by a curved, enveloping LED wall transforming this simple urban passageway into a unique immersive experience.

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 **Lucio Viatori Garden** (also known as the Garden of Azaleas)

Pordenone

A surprising city, young and lively, yet elegant and enchanting with its charming historic centre, Pordenone is a mosaic of 16th-century palaces, Romanesque churches, frescoed façades, and Gothic and Baroque buildings. A stroll beneath the prestigious arcades of the main street, or a visit to its museums and temporary exhibitions are the best ways 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 admired in the Cathedral of San Marco and in the Municipal Museum of Art housed in Palazzo Ricchieri.

Top 5

- The refined and timeless elegance of Pordenone through the discovery of the greatest Renaissance painter from Friuli, **Antonio de' Sacchis**, known as '**Il Pordenone**'
- In Pordenone, comics are considered art: the city is home to the **Palazzo del Fumetto** ("Palace of Comics"), a space that promotes comics as an art form that goes beyond communication and traditional 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**
- The **murals** visible on some of the buildings in the city

Pordenone, Italian Capital of Culture 2027

Pordenone has been designated Italian Capital of Culture 2027 and is preparing to promote its artistic heritage through wide-ranging initiatives. The surrounding area, rich in villages and historical treasures, will also be fully involved in a programme of events designed to engage the entire community.



The Karst

The Karst, a unique territory in terms of nature and history, is a rocky plateau that stretches along the entire eastern border of Friuli Venezia Giulia, from the surroundings of Gorizia to Istria, passing through Trieste. Universally known for its subsoil rich in cavities and caves, it is an unmissable destination for nature lovers and slow hiking enthusiasts. It is also a destination steeped in history and culture, where customs and traditions are the result of the age-old fusion of Latin, Germanic and especially Slavic cultures. Beyond Trieste, it extends into the northernmost part of Istria embracing the Rosandra valley and offering the opportunity to discover the small port of Muggia and its Venetian-style historic centre.

Top 5

- **Duino Castle**
- The Cave "**Grotta Gigante**"
- 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 museums** across the region
- More than **15 cultural itineraries**
- More than **10 itineraries** with audio guides and digital audio guides

Aquileia

Aquileia, one of the main centres of the Roman Empire, now offers an extraordinary journey through time. The city preserves the remains of the forum, the necropolis, private dwellings with mosaic floors and the imposing structures of the ancient river port. Not to be missed is the Basilica of Santa Maria Assunta, which houses the largest mosaic floor in the Western Christian world. Other historical sites worth visiting include the Domus of Titus Macrus and the Archaeological Museum of Aquileia, the most important in Northern Italy. UNESCO World Heritage Site since **1998**.

Palmanova

Palmanova is a unique fortress city framed in a nine-pointed star designed and built by the Republic of Venice to defend its regional borders against external threats. Recognized as a true masterpiece of military architecture and a model of the ideal Renaissance city, Palmanova captivates visitors with its geometric layout and imposing defensive structures. The heart of the city is a central square from which three access roads converge, protected by monumental gates. Among the experiences not to be missed are exploring the Venetian protective tunnels and the virtual lift, which allows visitors to admire the entire star-shaped structure from above, offering a unique perspective on the genius loci of the city. UNESCO World Heritage Site since **2017**.

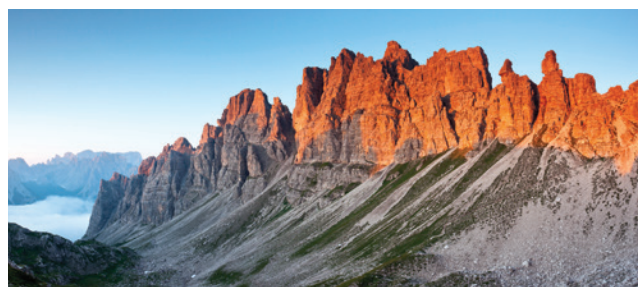


Cividale del Friuli

Cividale del Friuli, capital of the first Lombard duchy in Italy, is the starting point of the UNESCO itinerary dedicated to the legacy of this fascinating people. Unmissable destinations within the city are the National Archaeological Museum, the Christian Museum, the extraordinary Lombard Temple and the mysterious Celtic Hypogeum. Equally interesting are the Puppet Museum (Cips) and the De Martiis Family Gallery at Palazzo de Nordis, which offers a journey through 20th-century art, ranging from abstract to figurative, with important Impressionist works. UNESCO World Heritage Site since **2011**.

Palù di Livenza

The pile-dwelling site has yielded numerous archaeological finds now preserved in the Archaeological Museum Western Friuli in Pordenone. 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. UNESCO World Heritage Site since **2009**.

Keep travelling in culture's footsteps

- **Religious itineraries** in Friuli Venezia Giulia: a slow and sustainable experience to rediscover ancient pilgrimage paths, discovering the region's natural and cultural heritage.
- **San Daniele del Friuli** is home to the Biblioteca Guarneriana, the oldest library in Friuli Venezia Giulia, which preserves precious illuminated manuscripts including a 14th-century Divine Comedy as well as rare early printed books. Unmissable is the Scriptorium Foroiuliense, a cultural and archival centre where ancient manuscripts and historical documents are preserved, studied and faithfully reproduced according to the traditional art of the amanuensis.
- **Torviscosa** and **Panzano** are two company towns: urban settlements originally developed around major industrial enterprises. Torviscosa is also a planned town, because it preserves the architecture of the Italian regime of the 1930s, as well as its original urban layout designed by the company that founded it. The town was divided into functional sections, including: workplaces, public areas, workers' housing, executives' and employees' residences, and leisure facilities. The workers' village of Panzano, a district of Monfalcone, is home to MuCa, a museum dedicated to the history and heritage of shipbuilding.

Villages and artistic treasures

Lands and traditions to discover at a slow pace. Deeply rooted in tradition, the villages of Friuli Venezia Giulia preserve ancient knowledge and crafts that still live on through the work of local artisans. These charming hamlets offer the perfect opportunity to experience the region through unique landscapes and itineraries, immersed in nature among rural villages, workshops, hidden castles and ancient mills where time seems to stand still.

Villages and traditions to discover

- **15 villages in Friuli Venezia Giulia** are officially listed among the "Most Beautiful Villages in Italy": **Cividale del Friuli, Clauiano, Cordovado, Fagagna, Gradisca d'Isonzo, Palmanova, Poffabro, Polcenigo, Sappada, Sesto al Reghena, Spilimbergo, Strassoldo, Travesio, Valvasone Arzene, Venzone**
- **Sacile**, the '**Garden of the Republic of Venice**', is a perfect blend of land and water, with charming alleyways, bridges, and noble palaces showcasing the elegance of Venetian Renaissance architecture
- **Villa Manin** in **Passariano**, a magnificent Venetian villa in Palladian style, is where Napoleon signed the Treaty of Campo Formio. Today it is a renowned venue for major international exhibitions
- The **medieval castle** of **Savorgnan**, in **Artegna**, hosts the permanent exhibition **Castrum Artenia**, displaying the archaeological finds discovered on San Martino hill
- **Forni di Sotto, Ravascletto, Raveo**, and **Sauris** are **authentic villages** of **Friuli Venezia Giulia** proudly preserving ancient architecture and centuries-old traditions.
- **Resia Valley**, where language, traditions, and folklore have remained unchanged for almost 15 centuries
- **7 villages** in Friuli Venezia Giulia have been awarded the prestigious "**Orange Flag**" by the Touring Club Italiano: **Andreis, Barcis, Cividale del Friuli, Maniago, Frisanco, San Vito al Tagliamento** and **Sappada**
- **4 charming 'Historic Maritime Villages'** of Friuli Venezia Giulia: **Grado, Marano Lagunare, Muggia** and **Duino-Aurisina**
- The **Friuli Mosaic School in Spilimbergo**, considered one of the most important in the world.



The numbers

- **15 Most Beautiful Villages of Italy**
- **7 'Orange Flag villages'**, recognised by the Italian Touring Club
- **4 authentic villages**
- **4 fishermen's villages**

Did you know that...

- The '**Albergo Diffuso**' ("scattered hotel") concept was born in Friuli Venezia Giulia and offers an authentic hospitality experience designed to immerse visitors in the authentic spirit of the local area, enhancing rural villages through their unique cultural and environmental features.
- In **Muggia**, a charming maritime village steeped in the strong imprint of the Venetian Republic, visitors can discover the Rosenfeld Sponge Factory, the oldest one in Europe
- **Duino** is dominated by its magnificent castle, perched on high cliffs overlooking the sea. Nearby, the scenic Rilke Trail, overlooking the Adriatic Sea and reaching as far as Sistiana. This is a place which inspired poets and writers such as D'Annunzio, Mark Twain, and, of course, Rainer Maria Rilke
- In 2017, **Venzone** was awarded "Borgo dei Borghi" (Italy's Village of Villages)
- In 2022, **Sauris** was recognized as Best Tourism Village
- In 2025, **Cividale del Friuli** was included among "The Most Beautiful Villages in Italy", adding yet another prestigious recognition to its titles as a City of Art, Orange Flag destination and UNESCO World Heritage Site

A sea of wellness for the whole family

A unique coastline stretching across 130 kilometres, where an extraordinary variety of landscapes offers unforgettable experiences for all sea lovers. From the beaches of Lignano Sabbiadoro - perfect for sports, entertainment and relaxation- to the lagoons of Marano Lagunare and Grado. Known as the "Island of the Sun", Grado charms visitors with its south-facing sandy shores and its rich historical heritage. Further east, the white cliffs and the fascinating Karst are reflected in the deep blue of the Adriatic Sea, offering breathtaking views over the Gulf of Trieste, the Mediterranean's easternmost gulf.

Lignano Sabbiadoro

A long, golden peninsula is the calling card of Lignano Sabbiadoro, one of the most renowned seaside resorts in Italy. It is surrounded by three waters - the crystal-clear Tagliamento River, the brackish waters of the Lagoon of Marano, and the Adriatic Sea. Traditionally awarded the Blue Flag, Lignano Sabbiadoro offers far more than its eight-kilometre beach and vast pinewood forest with over 1.2 million trees. It is the ideal destination to unwind and recharge by enjoying many experiences in close contact with nature. Great attention to environmental sustainability and wellbeing is reflected in a range of rejuvenating activities immersed in nature, including SUP yoga, metabolic walking, forest bathing and Nordic water walking, as well as many water sports and bike excursions.



The numbers

- **130 kilometres** of coastline featuring both sandy beaches and rocky stretches
- **1 single coastline:** Lignano Sabbiadoro, Grado and the Gulf of Trieste
- **67 resorts** brought together in one single booking platform
- **4 traditional fishing villages**
- Over **250 experiences** to choose from, including outdoor, nature, biking, culture, food and wine
- **6 nature reserves** overlooking the truly unique coastline of Friuli Venezia Giulia
- **2 lagoons, covering 16,000 hectares** of protected natural landscape
- more than **9 maritime transport** services operating along the coast

Top 5

- 39 seaside resorts which can be booked on-line: 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, with its lagoon, the traditional fisherman's "casoni" and 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 classes for beginners, and family Hotels
- **Water sports on the beach**: kitesurfing, windsurfing, windfoil, canoeing, sup, sailing, swimming, diving
- **Major events**: sports (triathlons, Sandy Wheels, SUP races), as well as concerts by great artists, literary awards and food and wine festivals

Grado

Known as the 'Island of the Sun' with its kilometres of south-facing sandy beaches, **Grado** holds **the record for the number of Blue Flags** awarded to its beaches and is also one of the most romantic locations in Friuli Venezia Giulia. Embraced by the lagoon and the Adriatic Sea, which create a magical setting around the island, it is also rich in history, with its old town that reflects the traditional Venetian architecture. Founded in Roman times as a trading port of Aquileia, its centre is a charming maze of narrow alleys and small squares framed by picturesque fishermen's houses. An ideal destination for families and travellers not only interested in the sea but also in culture and history, Grado offers wellness areas for body care enthusiasts and a choice of several bathing facilities, with the option to practice sports in the water or on the shore. The thermal baths, dating back to the Austro-Hungarian era, have recently been renovated with a new wellness spa area added to the health wing. Elegant and refined, Grado features a lively and deep-rooted tradition as well as exceptional local food and wine, including dishes prepared with fresh fish.

Top 5

- The award-winning **Alpe Adria Cycle Route (FVG1)**, from Salzburg to Grado
- The islets of the **Lagoon**, accessible by boat, such as the island of **Barbana**, home to the Benedictine sanctuary and starting point of the Celestial Way; 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 its early Christian basilicas, the medieval Castrum, the Nazario Sauro Dam, the Mandracchio port, artisan workshops, the **Grado Treasure Museum** and the **Fishing Museum**
- Typical recipes such as **boreto alla graisana**
- Grado is a renowned destination for **kitesurfing** and **wind sports** enthusiasts, offering ideal conditions for safe wave riding

The Gulf of Trieste

The coastline and the city of Trieste - a city of sun, wind and sea - animate the Gulf, providing fun and relaxation. An irresistible stretch between rocks and waves, this route starts from the beach of Marina Julia (Monfalcone) – known for kitesurfing and wind sports – crosses **Duino-Aurisina**, the **Bay 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. In a city that has always welcomed and respected the diversity of languages, cultures and religions, this wall has become a symbol of freedom and certainly not of bigotry. As locals say in Trieste, "At Pedocin, you are actually freer to do what you want without upsetting anyone".
- **Water** and **wind sports** in the wind spot of Marina Julia
- The seaside **castles** of **Duino** and **Miramare**
- The **beaches** of the Trieste coast and the bathing establishments ("bagni") of Trieste
- Two nature reserves. The **Duino Regional Nature Reserve**, with the **Rilke Trail**, offering hiking, trekking and climbing opportunities on the Karst plateau and the **Miramare Marine Protected Area**, where visitors enjoy snorkelling or boat excursions on an electric boat.

The lagoon

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



Sea, wind and passion

Over 25 marinas, numerous shipyards and sailing clubs, totalling more than 15,000 berthing spaces, spread across 130 kilometres of coastline. Friuli Venezia Giulia is the ideal departure point for all types of boats, offering high-quality services, with moorings equipped even for superyachts, onshore entertainment and all types of amenities, including specialised boatyards and a network of companies and skilled professionals devoted to the sector.

The range of boating services is diversified, including 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, Friuli Venezia Giulia 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 stage for the world's largest regatta, a unique blend of competitive sailing and popular festival atmosphere that transforms Trieste into the sailing capital of Europe.

A spectacular event that fills the Gulf with boats of all sizes, from the most technologically advanced hulls to the smallest sailboats, creating a ten-day celebration of sea and making Trieste the nautical capital of the region.

The numbers

- **25** marinas
- **15,000** moorings
- **1** marina network
- More than **100** sailing events each year
- **Barcolana** is the largest and most popular regatta in the world
- **Safety** for boaters in the dry marinas



Did you know that...?

- The **FVG Marinas** network positions its 21 marinas not only as technical infrastructure but also as Hubs of hospitality, culture and innovation. It also promotes sustainable boating by adopting eco-innovative practices.
- In **Lignano Sabbiadoro** and **Grado**, you can rent floating homes for an exciting and Unique experience, while from Precenico, on Stella River, you can set sail for a slow-sailing experience through the lagoon canals aboard your houseboat
- **Dry marina** to enjoy your boat all year round
- **Specialised shipyards** and highly skilled personnel, with expert know-how and qualified staff
- **13 Blue Flag marinas** with international recognition from FEE, (Foundation for Environmental Education)
- 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 under the '**Io sono Friuli Venezia Giulia**' brand in tourist ports.

Mountain 365

Unlimited snow fun

Get ready to enjoy nature, sustainability and fun on the peaks! Mountains 365 days a year. From the Dolomites to the Julian Alps and Prealps, 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, exploration of charming Alpine villages, as well as relaxation in the warm waters of the spas.

The mountains of Friuli Venezia Giulia offer a variety of fun opportunities 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 for children** admission and family discounts: children (born between 2019 and 2023) always ski for free and families can enjoy discounts of up to 30%.
- **New rates for under 20s** (2007-2018 included) on the slopes at €10 per day

The Julian Alps and Prealps and the Tarvisio area

Tarvisio

Located at the junction of three borders (Italy, Austria and Slovenia), **Tarvisio** is embraced by the Julian Alps and an ancient forest which, at 24,000 hectares, represents the largest state forest in Italy.

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. Once a week, there is night skiing from Mount Lussari.

EXTRA SKI - dog sledding on the Fusine plain, snowshoeing in the silence of the Bartolo Valley, hiking in the Saisera Valley along the Wild Track in the millennial forest, bobsled on rails and a children's playground, ice-skating in Pontebba.

Must-see & must-do

- 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
- **Cave del Predil Lake** and **Fusine Lakes**
- The **Geomining Park** and **Mine in Raibl**



Sella Nevea and the Julian Prealps 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. It is a true natural paradise, home to numerous European Cups and Italian Ski Federation events. 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 adrenaline seekers as well as those who enjoy the faster disciplines of alpine skiing.

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

Must-see & must-do

- **Ice climbing** in the Friulian Dolomites and Julian Alps
- The **Julian Prealps Park**, a **UNESCO MAB Biosphere Reserve**



Carnia and the Dolomites

Ravascletto-Zoncolan

SKI - Immersed in the splendid scenery of the Carnic Alps, Mount Zoncolan is known to all cycling enthusiasts as the 'Kaiser'. In winter, this golden basin becomes the centre of fun: a skiing area of 23 km with high, sunny slopes reaching almost 2,000 meters, 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.

Must-see & must-do

- 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 Christmas of 2022
- The thermal baths of **Arta Terme**



Pradibosco

SKI - A village surrounded by the peaks of the Pesarine Dolomites and dense forests, where silence and nature create the perfect atmosphere to take your first steps on skis or enjoy cross-country skiing on 23 km of slopes.

Forni Avoltri

Forni Avoltri is home to one of the three Italian Fisi biathlon centres: the 'Piani di Luzza' Carnia Arena, located at an altitude of 1,043 meters, offers specialised facilities for practising biathlon. There are also 10 km of slopes for ski mountaineering enthusiasts.

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

Forni di Sopra

SKI - Set against the romantic backdrop of the Dolomites, this resort offers 13 kilometres of slopes in the Varmost ski district, where you can ski down challenging runs –including the longest in the Region, stretching 5.5 kilometres long, from 2,073 meters on Mount Crusicalas down to the valley floor – as well as tracks in the Davost area. There are also numerous ski mountaineering routes, some of which lead to mountain dairy farms where traditional local dishes are served.

EXTRA SKI - one of the most family-friendly destinations with the Fantasy Park for children, a toboggan run, and the ice arena. Here you can climb on ice or take part in themed snowshoe hikes at high altitude, featuring tasting events, biathlon beginner courses and snowshoe hikes in the Friulian Dolomites Park.

Must-see & must-do

- The **Friulian Dolomites Natural Park**: the most unspoilt part of the entire Dolomite range

Sauris

SKI - it is an enchanting alpine village, nominated Best Tourism Village featuring two tracks dedicated to ski school camps and a downhill slope of blue.

EXTRA SKI - snowshoeing or, for those seeking relaxation, spending time in hay baths, saunas and whirlpools at the Grien Spa wellness centre.

Must-see & must-do

- The **Christmas markets** and the **Sauris Carnival**
- At the table: Sauris is renowned for the lightly smoked **prosciutto** crudo, perfectly paired with **local beer**



Sappada

SKI - The pearl where the Piave River has its source ensures fun and excitement for everyone with its 15 km of alpine ski slopes, suitable for both beginners and more experienced skiers, a 14 km loop featuring highly technical cross-country skiing sections, and numerous ski mountaineering trails.

EXTRA SKI - from ice-climbing to snow walks along the Piave River, through the woods, or on pristine slopes.

Must-see & must-do

- A walk at **Cima Sappada** and in **Sappada Vecchia**, one of the Most Beautiful Villages of Italy
- The **Carnival**/Plodar Vosenöcht
- **Nevelandia**, the largest snow playground in Friuli Venezia Giulia



Piancavallo and the mountains of Pordenone

SKI - 14 km of ski areas with three highlights: A large snow park where freestylers can test themselves on jumps and rails, a border cross track, and a ski cross course for snowboarders and skiers. Cross-country skiers can also have fun with 12 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.



Must-see & must-do

- The two ice arenas: **Piancavallo** and **Claut**, where you can also try curling

Mountain 365

Authentic nature

Nestled among green valleys, majestic peaks and emerald lakes, the mountains of Friuli Venezia Giulia reveal a surprising landscape, far from the usual beaten tracks. Here, the mountains are experienced authentically, through sports, history and meaningful encounters. It is easy to feel at home in these small villages and their scattered hotels, amidst lush green pastures, traditional festivals and local flavours.



Friulian Dolomites - Cavallo, Cansiglio

The Friulian Dolomites, a UNESCO World Heritage Site, along with Cansiglio and Cavallo, are a region rich in wonders. Not to be missed are **Erto** and **Casso**, which keep the memory of Vajont, and the villages of **Frisanco** and **Poffabro**, with their stone and wooden houses. **Barcis** and **Andreis** sit in the midst of magnificent nature, while the **Tramontina Valley** opens up towards the plain with its emerald waters, known throughout Europe. Alongside the natural landscapes are historical sites such as Budoia, an ancient prehistoric settlement, and **Palù di Livenza**, a pile-dwelling area between **Caneva** and **Polcenigo**, listed among the Most Beautiful Villages in Italy.



Piancavallo

The Piancavallo area is a natural terrace overlooking Friuli Venezia Giulia. The Cavallo mountain group is known for its steep slopes above dense woods and pastures, offering an extensive network of paths perfect for hiking and mountain biking.



Must-see & must-do

- The **Tramontina Valley**, crossed by the Meduna stream, is home to the Pozze Smeraldine; the river's rapids form the famous natural pools, a corner of paradise in the valley.
- **Forra del Cellina Nature reserve**, a canyon formed by steep rocks that fall vertically into a crystal-clear stream.
- At the **Claut Sculpture Park**, along a circular path are ten impressive sculptures of local animals. Claut Sculpture Park, with ten impressive sculptures of local animals along the circular path.
- The **Palù di Livenza pile-dwelling site**, part of UNESCO World Heritage, is one of the most interesting Neolithic pile-dwelling sites in northern Italy.



Carnia

In Carnia the essence of the mountain endures. The area, with **Tolmezzo** as its gateway, features **seven valleys** opening onto the Carnic Alps and the Friulian Dolomites. A small paradise of mountains, waters and forests, ideal for all outdoor activities. Here, the environment, history, culture and language differ from place to place, as do the agri-food products and local **arts and crafts products** (e.g., *scarpets*, the traditional shoes) preserved in **small yet precious museums**. In addition to Italian, here you will also hear Carnic Friulian and ancient Germanic dialects such as Saurano, Timavese and Sappadino.

Zoncolan

Mount Zoncolan, among the highest peaks in the Carnic Alps and a legend in the world of cycling for having been a stage finish in numerous editions of Giro d'Italia, is called the 'Kaiser' by enthusiasts. This mountain is at the same time a symbol of challenge and a summertime paradise offering plenty of fun, entertainment and wonder.

Must-see & must-do

- In **Sutrio**, skilled wood craftsmen create true works of art, celebrated during the numerous events that bring the village to life, including the Magic of Wood festival
- **Val Pesarina**: since the 18th century, watches and clocks with ingenious mechanisms have been produced here, behind which lies the story of Solari, a pirate from Genoa who came to take refuge in this valley.
- 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.
- **Paularo**, an ideal destination for mountain and adventure lovers. The location is part of the 'Mountaineering Villages' - Bergsteigerdorfe
- **Mount Coglians**: 2,780 m above sea level, it is the highest peak in the Carnic Alps and Friuli Venezia Giulia. Located in Carnia, west of the Monte Croce Carnico pass, along the border between Italy and Austria
- Excellent hospitality and refreshment in **mountain huts** and **refuges** on Alpine pastures, where you can taste and also buy flavourful cheeses, delicate ricotta, butter or other local specialities such as frico cheese with polenta or cjarsons.



Forni di Sopra

This unspoiled village is the main tourism hub in the Friulian Dolomites, to be discovered through its enchanting hiking paths, adventurous mountain bike trails, welcoming refuges and farmhouses where visitors can taste the authentic flavours of local cuisine. The Varmost area is a prime viewpoint from which to admire the endless rocky spires rising just a short distance away.



Sauris

It was named Best Tourism Villages 2022 by the UNWTO and is known for its genuine atmosphere and the centuries-old traditions it preserves. Nestled among high-altitude pastures and woods, it captivates visitors with its wooden and stone houses, the local German-speaking language, and renowned traditional products such as smoked ham, craft beer and mountain cheeses. It is an ideal destination for those seeking nature, tranquillity and authentic Alpine culture.



Sappada

In the summer, Sappada is a heaven for mountain lovers. Among woods, meadows and mountain pastures, here you find trails for hiking, trekking and mountain biking. The area of the Monte Siera mountain hut offers views across the entire valley, with simple hikes for those seeking a balance between adventure and relaxation, as well as longer, more challenging trails for experienced hikers.

Tarvisiano

In the Tarvisiano area, the Julian Alps, with the majestic profiles of Mangart, Canin, Jof Fuart and Jof di Montasio, mark the meeting point between Italy, Slovenia and Austria. **These mountains are a crossroads of languages and cultures** and boast an extraordinary historical heritage. Here is also **the largest state-owned forest** in Italy, covering 24,000 hectares. Unmissable are also the **Fusine lakes**, nestled in a glacial basin, and the **Raibl lake** with its emerald water. **Mount Lussari** is the symbol of this segment of the Alps, with its village and picturesque sanctuary, a pilgrimage destination for Italians, Slovenians and Germans. Also charming is Malborghetto-Valbruna, a village with many trails suitable for everyone.



Sella Nevea is a mountain destination combining pure air, spectacular views and outdoor activities such as trekking, hiking and mountain biking among peaks and pastures. Just a short walk away, the Julian Prealps Natural Park offers forests, waterfalls and wildlife, with trails leading to unique views, ideal for walks, picnics and moments of complete relaxation amidst nature. The **Gemonese area** is home to two of highly fascinating historic towns: Gemona del Friuli and Venzone. Both were rebuilt after the 1976 earthquake and since then have become symbols of the region's resilience and rebirth.



Must-see & must-do

- The **Saisera Valley** and its 'The trail of Resonance Trees'
- **Animalborghetto** is a mini trek that leads into a special forest, where you can admire wooden silhouettes of all the mammals living in the Val-canale area
- **Puanina Tour**, a perfectly signposted route between the magnificent mountain **huts** of **Ugovizza**, which connects the village of Ugovizza with all mountain huts and farmhouses in the mountain pastures of **Val Rauna**, **Val Filza** and **Val Uque**.
- The **Resia Valley** is the heart of the **Julian Prealps Natural Park** and extends from west to east for 20 kilometres. The valley unfolds at the foot of the **Canin mountain massif** (2587 m), which is the highest point and marks the border between Italy and Slovenia.

Torre and Natisone Valleys

The **Natisone Valleys/Nediške Doline** are covered in forests of ash, chestnut and lime trees, with flowers and scents changing with the seasons, and preserve ancient Slovenian traditions including, Christmas rites, carnivals, and St. John's Day bonfires. The **Torre Valleys**, surrounded by unspoilt mountains near art cities, invite visitors to explore spectacular streams and waterfalls, such as Rio Boncic, and to enjoy the breathtaking views from Gran Monte and the Carnic and Julian Alps down to the Adriatic Sea.



Must-see & must-do

- **Faedis**, **Attimis** and **Nimis**, villages surrounded by the remains of medieval castles.
- **Mount Matjur**, located on the border with Slovenia and belonging to the Julian Prealps, a paradise for hikers, photographers and nature lovers.
- The **Path of the 44 Votive Churches** in the Natisone Valleys, which consists of 10 stages passing through 9 municipalities —Cividale, Prepotto, San Pietro al Natisone, Pulfero, Savogna, San Leonardo, Stregna, Grimacco and Drenchia.
- The **Cyclamen Plain Nature Trail**, 0.6 km long, with no changes in elevation, suitable for strollers and wheelchairs.

Pure nature

Friuli Venezia Giulia offers a true experience of entering an unspoilt and protected environment. It is the ideal place for people who want to enjoy nature at its finest. Not just one, but many places where time seems to stand still, amidst the magic of parks, lagoons, nature reserves, and mountains, where silence and open spaces reign.

From the Friulian Dolomites, a UNESCO World Natural Heritage Site since 2009, to the Julian and Carnic Alps and Prealps, from the gentle slopes of the Collio hills 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.



One app, infinite possibilities

All trekking and cycling routes and all useful information and suggestions for your excursions now at your fingertips: with the **FVG OUTDOOR app** you can discover an entire area through the eyes and advice of those who live there. An app designed for both expert cyclists and novice hikers, villages and pristine nature lovers.



DOWNLOAD
APP FVG OUTDOOR

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 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 Austria's highest mountain, 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 **Loop of the Friulian Dolomites**, 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'**: 'Made', is a 144 km trail connecting Sappada to Tarvisio along the long and winding Carnic main ridge, connecting the mountain huts, farmhouses and refuges on the Italian and Austrian sides
- **'Sentiero Italia'**: final stage of a route that connects all Italian regions. The route in FVG runs from Sappada to Muggia, discovering the uncontaminated beauty of the region
- 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.

FVG ON THE MOVE

10,000 healthy steps

Walking outdoors, surrounded by nature or in small villages, alone or in a group, is an opportunity to maintain a 'healthy lifestyle' (World Health Organization). In Friuli Venezia Giulia, this is possible thanks to 'FVG in Movimento - 10 mila passi di salute,' an innovative project involving 130 municipalities. 121 easy, accessible and well-marked routes have been developed, with GPX tracks you can download, covering a total of 800 km to be experienced slowly and sustainably.



Water sports

The variety of sports available is vast and fascinating: whether in the mountains, among the rolling hills or along the coast, contact with nature is always the key. Canyoning for beginners, intermediate or expert levels, the morphology of the Friuli Venezia Giulia mountains creates spectacular gorges to be travelled in complete safety.

Rivers and streams

A dense network of intertwining waterways: ravines, pools, rivers and streams that flow from the mountains down to the sea.

- **canyoning** and rafting in **Val d'Arzino** or in the Cimoliana valley (Pordenone)
- **kayaking** and canoeing along the **Tagliamento River**, also known as the 'King of the Alpine rivers', while the more experienced can explore the turbulent waters of the **Fella River**.



Lakes

The peaks are home to picturesque alpine lakes that can be reached via numerous paths such as the Fusine, Olbe, Bordaglia, Avostanis, Dimon and Predil (or Raibl) lakes, to name just a few.

In the foothills and hills are Lake Cornino, a nature reserve, and Lake Ragogna, both of glacial origin, nested in a wonderful naturalistic and hydrographic context. Some lakes are suitable for swimming and various activities, among which are:

- **canoeing** and **kayaking** on **Lake Predil**, **Lake Barcis**, **Lake Sauris** and **Lake Redona**
- **sailing** on **Lake Tre Comuni** and **Lake Barcis**
- **SUP** and **pedal boats** on **Lake Tre Comuni**, **Lake Predil** and **Lake Sauris**.



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**.

Air sports

Optimal morphological conditions, winds and updrafts make Friuli Venezia Giulia the ideal place for experiencing free flight. Various locations in the Carnic and Julian Alps and Prealps, but not only in the foothills, can be explored from above. Where to experience free flight, solo or accompanied by pilots, choosing between paragliding or hang gliding:

- From **Mount Cuarnan** (Gemona) or Mount San Simeone (Bordano) flying over the Tagliamento river with full view on the Carnic and Julian Prealps
- From **Mount Valinis** you can enjoy a spectacular landscape of the Pordenone foothills flying over Travesio and Meduno



Climbing. Higher and higher

The unique geographical and morphological features of Friuli Venezia Giulia allow you to practice climbing throughout the region: from the peaks of Carnia and the Tarvisio area along the Alpine range, where you can explore the Friulian Dolomites, the Carnic and Julian Alps, up to the foothills and the coast.

The Karst cliffs overlook the sea in spectacular fashion, offering a variety of climbing experiences. For those who wish to approach this activity gradually, there are indoor gyms, perfect for taking your first steps or training in any season.

- The **Bell Tower of Val Montanaia**, the symbol of Friulian Dolomites Park
- Avostanis cliff in **Paluzza**, white limestone rock
- Suspended between sky and sea, the cliffs on the **Karst** overlook the Gulf of Trieste

Wellbeing. Wellness experiences in nature

Friuli Venezia Giulia offers many areas where you can experience forest bathing with Forest Bathing guides and operators who will help you reconnecting with nature.

- **Forest bathing** in the ancient Tarvisio Forest, in the Natisone Valleys along the certified Kot Waterfalls Forest Therapy path or in the forests of Pradolino and Grimacco, or in the Pordenone area, in the Prescudin forest near Barcis
- **Gong baths** in natural settings in the Carnia forests
- **Guided nature excursions** in Bosco Sacile (Carlino), a vast oak and larch forest recognized as a Wilderness area in Friuli Venezia Giulia.



Underground world. The charm of caves and mines

Among caves, former mines and mining parks waiting to be explored, caves in Friuli Venezia Giulia are rich in history that intertwine with nature.

Tourist caves that can be visited in complete safety:

- in the Karst: Giant Cave and Torri di Slivia Cave in Duino-Aurisina
- Pradis Caves in Clauzetto
- in the Natisone Valleys, the unique Grotta Chiesa di San Giovanni d'Antro, near Pulfero
- in the Alta Val Torre area, the extraordinary Villanova Cave, in Lusevera



Caves accessible with the help of experts and speleological guides, allowing visitors to discover the interiors:

- Fontanone di Goriuda located within the Julian Prealps Park
- Black Cave in Basovizza

Also worthy of note are the two former mines, **accessible and visitable with the support of expert guides**.

- Raibl Mine in Cave del Predil
- Cludinico Mine near Ovaro in the Degano Valley



Families staying at accommodations that are members of the 'Family FVG' network, can take advantage of the **Family Pass**, which offers free or discounted admission to the region's main attractions and activities, suitable for all ages.



Thrills for both adults and 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 Rumpy Park in Piancavallo, the **Madessa Adventure Park** in Ravascletto and the **Tarvisio Adventure Park** that also features a **zip line**
- **Tibetan Bridge** over the Cellina Gorge in Barcis



From the Alps to the lagoon: pedalling to explore the Region

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.

Routes for all types of bicycles and different skill levels: from cycle paths for an immersive experience in the landscape, to "petal" routes for active holidays to combine cycling with outdoor or cultural activities and food&wine experiences. There is something for everyone: from the sports routes that follow the climbs of the Giro d'Italia, among which the Zoncolan stands out, to one-day or multi-day gravel routes, to mountain bike trails and fun bike parks and pump tracks. Last but not least, in addition to the famous 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 featuring 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

CYCLE PATHS - Multi-day 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. A journey through two UNESCO World Heritage sites (Palmanova and Aquileia) and two of the Most Beautiful Villages of Italy (Venezia and Strassoldo). The stages in Italy are: Tarvisio – Venezia – 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 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.**



CICLOVIA PEDEMONTANA (FVG3) The cycle route runs at the foot of the Prealps 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 gains and features cycle tracks, easy gravel bike 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 Alpine 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 6 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 along the right bank: 142 km. Stages along the left bank: Tolmezzo-San Daniele del Friuli-Codroipo – Lignano Sabbiadoro, a paradise for gravel lovers. **Total length of the route along the left bank: 146 km.**



CARNIA CYCLING ROUTES (FVG8) These are two short cycling routes surrounded by the verdant nature of Carnia and starting from Tolmezzo. They run alongside the But and Degano rivers and reach the archaeological site of Zuglio as well as the spa town of Arta Terme. They are connected to each other by a route that passes through Ravascletto, at the foot of Mount Zoncolan.

Thematic itineraries

Many circular routes to 'enter' the territory with its traditions and peculiarities

With around a hundred loop routes, Friuli Venezia Giulia is the ideal destination for cycling enthusiasts who enjoy the convenience of staying several days in the same place while discovering natural, historical and artistic treasures each day. A cycling tour can also be combined with canoeing or packrafting experiences, paragliding, guided visits to villages and UNESCO sites with their museums and historic gardens, or moments of complete relaxation immersed in nature. There are routes for food and wine lovers (**Food & Wine**); for discovering UNESCO sites and Italy's most beautiful villages (**Villages and UNESCO Sites**); for cycling along rivers and lakes (**Water Routes**); for those who enjoy venturing into Austria and Slovenia (**No Borders**); for those who love a challenge (**Climbs of the Giro d'Italia and sports routes**); and routes dedicated to Gorizia, the first cross-border European Capital of Culture in 2025 (**GO! 2025**). Families with children aged 6 and over can also enjoy cycling on flat, short, and safe routes, while boys and girls aged 10 and up will find more challenging options (**Family**).



Food&Wine

The bicycle tracks and loop circuits cross territories that are rich in wine and agri-food resources.

- The **Collio-Brda Circuit** - a cross-border route through the vineyards of Collio and Brda (Slovenia)
- 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.

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
- **Mount Prat** (Forgaria nel Friuli) - off-road cycling school for children aged 6 and over led by a former national champion

Gravel biking

Gravel bikers also have plenty of fun in Friuli Venezia Giulia, along the left bank of the Tagliamento river, on the Trieste Karst, in Carnia, in the Natisone and Torre valleys, and on the dirt roads of the Friulian plain. Discover this region with the Lost in Friuli Venezia Giulia loop, stretching 433 km with over 5,000 meters of elevation gain, or choose the route that starts in the Julian Alps and reaches the Adriatic Sea, cycling along the Julian pre-Alps —a borderland where languages, food and wine, and traditions blend to offer a unique experience. The routes can be customized according to your travel style.



Sport routes

For people who love racing bike challenges, Friuli Venezia Giulia offers incredible opportunities to put themselves to the test by tackling the climbs 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
- the great ring of hills with more than 300 km and 7,000 meters of total altitude difference.



PUMP PARK: lots of fun and training all year round

In Friuli Venezia Giulia there are opportunities all year round to practice downhill, enduro or simply to learn these disciplines in the pump parks located in the Julian and Carnic Alps (open in the summer months) and in the Prealps such as in Gemona del Friuli and in nearby Taipana and Torreano.

Integrated Mobility

In Friuli Venezia Giulia, cyclists and sports enthusiasts benefit from a well-developed public transport network that enables them to travel 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 connects also Trieste to

Villach on Saturdays and Sundays (both services are managed by the operator Ferrovie Udine-Cividale). In the summer season the offer is expanded with 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.

On the Wine and Taste Route

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

- **PDO:** 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, Pan di Sorc bread, Fagagna Pestàt, Pitina, Ràdic di Mont, Çuç di Mont, San Quirino beans, Gorizia Rose Radicchio, Varhackara, Brovadâr of Moggio Udinese, Collina cabbage, Sauris Fava Bean, Alpe Adria Klozen Pears, Karst Marasca honey, Carsolina Sheep, Pestith, Saurnschotte, High Alpine Mountain honeys, Bianchera olives, and Malon pumpkins.
- **181 recognized Traditional Food Products** in addition to grappas, honey, Asino cheese, Friulian white asparagus and tiramisu.

The numbers

- **5** PDO products
- **2** PGI products
- **23** Slow Food Presidia
- **9** Controlled Designation of Origin Zone ("DOC") wine districts: Carso, Friuli, Friuli Colli Orientali, Collio, Friuli Annia, Friuli Aquileia, Friuli Grave, Friuli Isonzo, and Friuli Latisana
- **3** Controlled and Guaranteed Designation of Origin ("DOCG") wine districts: Picolit, Ramandolo and Rosazzo
- **3** Interregional Controlled Designation of Origin Zone ("DOCI") wine districts: Lison Pramaggiore, Prosecco and Delle Venezie
- **1** Interregional Controlled and Guaranteed Designation of Origin ("DOCG") wine district: Lison
- **80%** of Italian rooted vines are grown here, **30%** of the entire EU, and **25%** of the worldwide production
- Nearly **90 million bottles** produced each year
- More than **180** recognized Traditional Food Products
- **1.700** wineries
- the Wine and Taste Route of Friuli Venezia Giulia was established in **2017**
- Roughly **200** route members
- **9** Michelin Stars Restaurants

The wine in numbers

- **21%:** the weight of viticulture on the agricultural sector as a percentage
- Vineyard location: **81% on plains, 19% on hills**
- **31,645** hectares of vineyards, of which 87% are white and 13% red
- **Grape production** in tons **363,743**
- **Wine production** in hectolitres **1,65 million**
- Number of **people** in the sector **23,000**
- Number of **winemakers** **6,600** wineries
- **Export value** **€180 million**

Friuli Venezia Giulia, a borderland shaped by influences and cross-cultural exchanges, expresses its true spirit at the table, in traditional dishes that tell the story of a region where Central European, Venetian and Slavic cuisines blend together. The top list of must-try dishes 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 *Osmiza* in 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 Cormòns.

At the **SEA**: *Boreto* (a single dish made by slowly 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 brand of Friuli Venezia Giulia

The “*Io Sono Friuli Venezia Giulia*” brand was created to promote the region’s agri-food companies and products, with a strong focus on sustainability, territorial identity, and traceability.

The Golden Brand is intended for use by companies and identifies agri-food businesses in Friuli Venezia Giulia that are committed to environmental, economic, and social sustainability. It is currently used by more than 330 companies.

The Blue Brand distinguishes products from regional companies that maintain a fully traceable supply chain, providing consumers with a guarantee of maximum transparency. To date, more than a thousand events have been organized to reinforce the sustainability principles promoted by the collective brand.



The Wine and Taste Route of Friuli Venezia Giulia

Six identities that come together as one. Six stories, each an essential piece of the puzzle that forms the flavours of this region. The Wine and Taste Route of Friuli Venezia Giulia offers six distinct experiences to enjoy across territories that are both similar and uniquely diverse: “Here in our mountains,” “Here in our hills,” “Here in our river valley,” “Here in our plain,” “Here on our Karst plateau,” and “Here on our coast.” The dedicated website, www.tastefvg.it, allows visitors to create a personalized food and wine itinerary. The Route offers a wide range of experiences, from tastings at wineries, distilleries, and breweries, to visits to dairies, olive groves, and oil mills, as well as educational grape-harvesting experiences or workshops in gubanifici (traditional cheese factories). Friuli Venezia Giulia was the first region in Italy to enact Law No. 22 of 2015, which establishes a network of agri-food, cultural, and environmental resources. This law provides a transversal product for wine tourism, connecting wineries, farms, restaurants, and other local enterprises to offer high-quality tourist experiences.

Rejuvenate body and soul

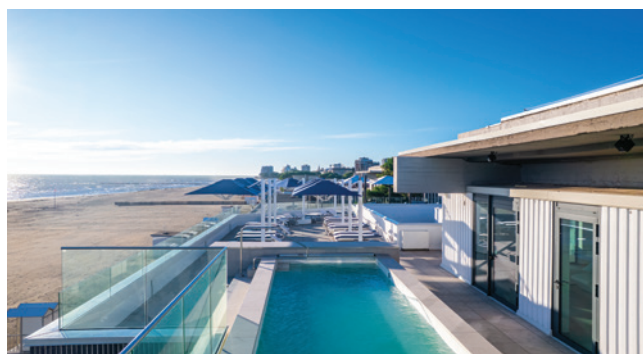
Well-being for the body, renewal for the mind. Choosing Friuli Venezia Giulia is also about plunging into an oasis of peace, where the centuries-old tradition of spas and herbal medicine is coupled with a wide range of state-of-the-art techniques

The Arta Thermal Baths

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 geoclimatic position of Arta –just a few kilometres from Mount Zoncolan, in Carnia– is particularly favourable to energy regeneration and create the ideal conditions for wellness. 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. Also available are mud therapy, balneotherapy, inhalation and hydrotherapy treatments. Ideal for après-ski or a regenerating break in all seasons.

The Monfalcone Roman Baths

Nestled at the foot of the Karst, the Roman Baths of Monfalcone are a thermal oasis of wellness and relaxation, with naturally warm waters at 38–39°C. Known since Roman times and located just a short distance from Aquileia, the baths offer a wide range of services for rehabilitation, therapeutic care, and overall physical well-being.



The Grado Marine Thermal Baths

The Grado Marine Thermal Baths were once the most fashionable spa destination during the Austro-Hungarian Empire and a renowned centre thanks to the extraordinary beneficial properties of the natural elements available. Today, following the renovation of the medical facilities, the new Sea Water Hub has just been inaugurated, featuring a panoramic seaside pool. The new area will combine seawater, iodine, sand, and lagoon air in a single integrated centre. Specific treatments available include thalassotherapy, halotherapy, heat therapy and cryotherapy, medical science, nutraceutical physiotherapy, ozone baths, inhalation therapies, hydro kinesiotherapy and much more.

Wellness beyond spas

Throughout Friuli Venezia Giulia – from the mountains to the sea, passing through rolling hills and wine-growing landscapes – there are numerous accommodations equipped with state-of-the-art wellness areas.



From the alps to the sea, the many faces of golf

Seven courses set in dreamlike landscapes and surrounded by unspoiled nature. In Friuli Venezia Giulia, golf offers both discovery and challenge: from the Alpine forests to the Adriatic, with water courses in the Grado Lagoon, descending along the gentle slopes of the hills, the vineyards, and the castles of the Gorizia area.

Golf courses and facilities

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**
- **Golf Club Senza Confini Tarvisio**
- **Lignano Sabbiadoro Golf Club**



The numbers

- **7** Locations, **18** holes from the sea to the mountains
- **3** Footgolf courses, in Fagagna, Tarvisio, and Pordenone

The **Golfing in Friuli Venezia** Giulia business network brings together six golf courses across the region and is supported by an incoming travel agency. It was established to offer golf enthusiasts a well-structured, comprehensive experience, combining the enjoyment of the sport with the opportunity to explore the region's traditions, sample its typical products, and discover the full range of activities available in Friuli Venezia Giulia.



Itineraries in the Footsteps of History

Border and frontier are terms often associated with Friuli Venezia Giulia. Nestled in the heart of Europe yet open to the Adriatic, its strategic location has frequently placed the region at the centre of major conflicts and pivotal historical transitions, making it one of the key stages of the 20th century's so-called "Age of Extremes."

Here, history is experienced step by step. Today, it can be explored through the countless traces left by these momentous events, turning Friuli Venezia Giulia into an authentic, vast open-air museum. This journey begins with 25 itineraries dedicated to the Great War. The Isonzo Karst, the Natisone Valleys, the peaks of Carnia, and the Tarvisiano area still preserve trenches, fortifications, stations, and the remains of frontline barracks. Along the hillsides of the Tagliamento, reaching the Friulian Dolomites, visitors can retrace the tragic events of the October–November 1917 retreat.

In Trieste, one of Italy's iconic 20th-century cities, and across the Karst plateau, memories of both Austro-Hungarian and Italian presences coexist. Throughout the region, traces of the Second World War and the Cold War remain, leaving enduring marks on the landscape and collective memory.

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

25 open air museum itineraries

All the itineraries, open-air museums, and sites of the Great War can be discovered on the 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.

Must-see & must-do

Great war sites:

- 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**

World War II sites

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

Cold War sites:

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

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.

The region offers the opportunity to host conventions, meetings, and workshops of various types and sizes in numerous venues equipped with modern infrastructure and located throughout the region, as well as multiple opportunities for team-building activities. The surrounding territory, with its variety of landscapes from the Adriatic to the Alps, from art cities to countless wineries, is ideal for those who wish to combine work with excursions, leisure opportunities, relaxation and shopping, as well as food, wine, and cultural itineraries.

The numbers

- 6 congress centres
- more than 1,700 rooms
- 10 research centres throughout the region



- The **Maritime Station Convention Centre** - With a capacity of up to 500 seats
- **Science Park Area** - 7 rooms with a total of 310 seats
- **Tivoli Portopiccino Sistiana Wellness & Resort** - 8 rooms with a maximum capacity of 250 seats, suitable for any type of event.
- **MIB Trieste School of Management** - In one of the most prestigious historic buildings in Trieste, it has 1 conference room, the Grande Salone 'Generali', with a capacity of 200 seats and 6 equipped classrooms from 15 to 50 seats
- The **Udine Fair Congress Centre** - an example of industrial archaeology, has a 360-seat room. Its capacity can be expanded by integration with other exhibition pavilions.
- The **Grado Congress Centre** - An auditorium with 963 seats
- **Udinese Meeting Centre** - The Udine stadium offers an excellent space for corporate events, with a 274-seat stepped auditorium, modular rooms and high-level services for conferences, meetings and business occasions.
- 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

A region for everyone

Friuli Venezia Giulia confirms itself as an accessible and inclusive destination thanks to the 'Una Regione per Tutti' (A Region for Everyone) project, launched in 2015 through the collaboration between PromoTurismoFVG and the Regional Council for People with Disabilities and their Families.

The initiative promotes a type of tourism that places every person at the centre, aiming to make experiences, services, and destinations in the region accessible to all by overcoming architectural, informational, and cultural barriers. Collaboration with the Council ensures a participatory approach: people with disabilities contribute to verifying and validating the information collected and shared on

www.friuliveneziagiuliapertutti.it.



"A-Mare il Mare" (Loving the sea), funded by the Ministry for Disabilities, enhances the entire coastal area of the region through the creation and development of experiences accessible to everyone, including mapping tourist services and purchasing specialized equipment for beach resorts such as accessible cabins, walkways, JOB chairs, raised sunbeds, and specially adapted bicycles. Additional measures have been implemented to improve accessibility in museums and cultural sites, such as producing tactile educational materials and videos in Italian Sign Language (LIS).

"I AM FVG – Inclusion and Accessibility for Mountains Easy to Live and Enjoy", a new ministerial project, focuses on summer and winter mountain tourism.