

Summer in Friuli Venezia Giulia: Adriatic Sea, Alps and Dolomites, vineyards and lagoon to get to know the region

**The summer season offers many proposals for those who choose this destination as their holiday
destination.**

**Until October a calendar of excursions and outdoor activities, experiences on the coast
and discovering the region's most characteristic flavours**

Trieste, July 26, 2022 - Gourmand experiences by boat, picnics in the vineyards, astro and rivertrekking, canoe trips among the casoni of the lagoon and cooking workshops for baby chefs. There is no shortage of offers for the summer of 2022 in Friuli Venezia Giulia, with **more than a thousand proposals throughout the region for those who choose it as a holiday destination or for an escape from the city**. From the Alps and the Dolomites to the Adriatic Sea, crossing plains, hills, rivers and lakes, the region is a concentration of entertainment and activities.

Sea&Taste: Starting from the sea to learn about culture and flavours

Gourmet experiences by boat, cellar visits and tastings, sunset aperitifs against the backdrop of the magical lagoon. **Sea & Taste** presents also for the summer 2022 a rich calendar of activities starting from **Lignano Sabbiadoro and Grado**. Until September 30 - the dates of the appointments vary according to the individual experiences - there will be **more than a hundred proposals to experience the sea while discovering also the history and traditions of the immediate hinterland**. You can choose between a fascinating voyage of discovery in **Aquileia** (also under the evening lights), a guided tour in **Lignano Sabbiadoro** between sea, beach, lagoon, the architecture and mosaics of the seaside town, a canoe trip among the casoni or exploring the Grotta Gigante and **Trieste**, with a stop in the Karst for a "rebechin", the typical Trieste snack offered by some local producers. In **Grado**, sunset time will be the moment to appreciate the lagoon atmosphere and savour the local cuisine on board a motorboat, but also to set sail to discover Marano Lagunare, where a guided walking tour, through the calli and campielli of the historic centre, will lead to the discovery of a seaside village that has remained intact over time.

All information on the dedicated page www.turismofvg.it/it/mare/sea-taste.

Food and wine: a common thread through the territory, between music and nature

Nature bathing among the vineyards, picnics, experiences with family or friends. The common thread running through all the events that will accompany the beautiful season in the orchards of Friuli Venezia Giulia is food and wine, with the Wine and Flavours Route. PromoTurismoFVG, in cooperation with the region and the members of the Route, has put together a rich programme to offer the opportunity to get to know the region through its excellent productions and typicality.

Art&Taste is the right choice for those who want to **combine music with a good glass of wine and taste some traditional dishes**: classical, pop, rock and jazz music will provide the backdrop for summer nights when wine cellars will be transformed into stages with live music (www.turismofvg.it/events20?hidehighlights=true&customcategory=3599&start=2022-06-13&end=2022-11-30&q=Art&Taste).

Six dates for **Nature Bathing** experiences, true immersions in the heart of nature to rediscover inner balance and well-being. A regenerating barefoot walk among the vineyards to discover the secrets of the vines together with the winemakers, followed by a tasting of the winery's wines paired with local products to get closer to the area's wine culture (www.turismofvg.it/it/esperienza-nature-bathing-tra-le-vigne), while **Family&Taste** will also involve the little ones in some workshops or mini workshops in the kitchen to become familiar with the world of products and culinary traditions of the region. **Pic&Taste**, the picnic organised by the various wine cellars and wineries in the region offering the opportunity to taste wines, craft beers and typical products in a completely natural setting (all dates here www.turismofvg.it/eventi/strada-del-vino-e-dei-sapori?hidehighlights=true&category=3599&start=2022-06-13&end=2022-11-30&q=pic&taste) and the

Food&wine experiences, with a constantly updated programme of appointments including dinners and vineyard walks, shows and outings to discover astrotrekking among the rows of vines (www.turismofvg.it/it/eventi-food-wine)).

Mountains, one activity a day all summer long

An infinite number of hikes for all altitude enthusiasts, from the most experienced to those approaching the peaks for the first time, a **calendar of entertainment that links the entire Alpine arc of Friuli Venezia Giulia**, from the Friulian Dolomites to the Julian Alps, crossing the Carnia region, and descending into the Torre and Natisone Valleys to the Karst area, with opportunities for relaxation, entertainment, recreation and activities for all needs.

The mountains of Friuli Venezia Giulia welcome the summer with proposals suitable for everyone, including **hiking, geotrekking, rivertrekking, canyoning and soft rafting along rivers and streams for the more adventurous, ziplines, paragliding and aid climbing routes, botanical walks, hay workshops and bike trips** also [with family and in the company of the youngest](#), outings to discover the alpine pastures. The bike, which has now become the protagonist along the hairpin bends of the heights, will allow people to discover the **area while immersing themselves in nature**.

From the museums of the Great War to the mining tradition of Cave del Predil, from the German-speaking islands of Sauris and Sappada to the clocks of Pesariis, the mountains of Friuli Venezia Giulia preserve and **guard in every corner testimonies of art and culture to be discovered, studded with authentic and enchanted villages**. Lovers of traditions, should not miss the excursion on the tracks of the Carnic bearers, to discover a fascinating history that relives on the Monte Croce Carnico pass, or the herb harvest followed by show-cooking, to savour the genuineness of the local raw materials in traditional dishes. To discover all the possibilities offered by the Friuli Venezia Giulia mountains: www.turismofvg.it/it/montagna365.

Culture and outdoors: guided tours and hop on hop off Collio

In the footsteps of Carlo Michelstaedter, we retrace the history of **Gorizia** at the turn of the century. The spotlight is shining on this fascinating border town in view of 2025 when it will be, together with Nova Gorica, the European Capital of Culture. While **Trieste** reveals itself amidst legends, mysteries and the centenary anniversary of **Joyce**'s Ulysses and the 140th anniversary of the Irish writer's birth. Then there are the itineraries along the footsteps of **Pasolini**, one hundred years after his birth, to discover Casarsa della Delizia and the places that link the author to this land. But also strolling through romantic and elegant **Udine**, discovering its canals, Aquileia and the glories of the ancient Roman Empire, and the **Pordenone area**, discovering medieval art and the mosaics of Spilimbergo. Guided visits and tours to discover the region's cultural heritage for culture enthusiasts -The **FVGcard** provides free access to affiliated facilities and discounts and promotions; it can be purchased online or at the region's infopoints www.turismofvg.it/fvg-card. Bike enthusiasts can take advantage of the new **Hop on hop off- Tour sui Colli**, three slow routes to discover the area on two wheels. The initiative, born from the collaboration between PromoTurismoFVG and Apt Gorizia, offers a service to travel some routes by bus and others by bicycle, combining cultural and food and wine experiences with immersive cycling in the enchanting landscapes of the Collio and Colli Orientali.

The "**Hop on hop off Collio&colli tour**", departing from Grado, crosses the Collio as far as Cividale, by bus and by bicycle among vineyards, places of art and picturesque villages; "**The Longobards in FVG**", departing from Grado, is a tour to discover the Longobard settlements in Cividale del Friuli and Romans d'Isonzo, passing through Cormòn, the heart of the Collio, and the third, again departing from Grado, "**Tasting the Collio**", is a food and wine tour to discover the flavours and products of the area embraced by a spectacular hilly landscape.

Here are the experiences of the summer: www.turismofvg.it/booking-delle-esperienze.