

The unmissable foliage paths in the mountains of Friuli Venezia Giulia

Soft trekking, cross-border bike trails and *slow* activities:
the mountains of Friuli Venezia Giulia invite you to be immersed in its nature and discover
history, food and wine, art and tradition

Trieste, 13th October 2022 - Sustainability, open-air activities, gentle and responsible tourism: in the **colourful blaze of foliage**, from the **Pordenone mountains**, through **Carnia**, and as far as **the Tarvisio area**, Friuli Venezia Giulia invites you to mark your calendars with unmissable appointments for **autumn holidays and weekends**.

Walks among alpine huts and pastures, guided **astrotrekking**, **paths** through millenary forests, among **gorges** and **waterfalls**, but also **sound meditation**, outdoor **yoga**, and **sport fishing** in alpine lakes; for those with better training, **soft trekking** and **biking** circuits, including cross-border ones, routes in the **resonance woods** and among the **monumental beech** trees of the "**bandit forests**", and also along the vein of history, on the **thematic paths of the Great War**: there are several proposals, from the family to the sportsman, to discover an area that in this season showcases all its splendour.

On the calendar, please find the dates of the most significant **events**, **animation** proposals, and short-stay **packages**.

THE MOUNTAINS OF FRIULI VENEZIA GIULIA: THE MANY FACES OF A UNIQUE TERRITORY

Pordenone mountains

Departing from Piancavallo, the **walk along the "malghe" alpine hut circuit** is a route accessible to all and passes through landscapes of diversified beauty: passing alongside alpine huts and pastures, it presents **mountain vegetation and wildlife** and often it is possible to go hunting for **mushrooms**.

Further east, in **Valcellina**, Lake Barcis mesmerises with its woodland reflected in the water, which in autumn displays splendid colours: the **Dint trail** runs parallel to the lake, with its panoramic viewpoints overlooking the spectacular turquoise gorge of the Cellina. The **Tramontina Valley**, with its hamlets, often referred to as "**Balconi**" (balconies), also reveals suggestive landscapes.

<https://www.turismoFVG.it/en/mountain365/what-to-do/nature/the-foliage-paths/foliage-in-pordenone-mountains?LangSetCMS=en>

Carnia

In **Sappada**, framed by the **Dolomites**, there is no shortage of possibilities for the family target group, such as the **path to the small lake of Zieglhütte**, a short route through fir and larch trees that leads to the lake, where you can try your hand at **sports fishing**. Also of moderate difficulty is the path to the **Monte Ferro refuge**, which leads in about an hour to an altitude of 1,000 metres, from where there is a panoramic view of the entire Sappada area. Of medium difficulty is the **path to the Tuglia alpine hut**, which leads to the magnificent basin of the farmstead, while the walk to the **Bellavista cabin**, which is flat and in autumn offers fairy-tale views of the meadows and expanses of larch trees, is a relaxing one.

At **Forni Avoltri**, **Lake Volaja** is one of the most fascinating lakes in Carnia, where the blue of its waters stands out against the white of the rocks and the yellow of the larches: a hike of about two hours and moderate effort, rewarded by an exciting landscape.

For those who want a decent workout, reaching the **Marinelli refuge** means arriving at the foot of the highest peak in Friuli Venezia Giulia, **Mount Coglians**; while **Lake Bordaglia**, in the heart of the **wildlife oasis** of the same name - the largest in the region - is of glacial origin and stands out in an **alpine setting of primitive beauty**.

In the **Tagliamento and Degano valleys**, five kilometres long, the **Pani trail** is a wide loop named after the valley of the same name: located in a protected position, it is a natural jewel of great charm. Along the route, which is suitable for everyone, you will be surrounded by **thousand-year-old beech trees** and the **monumental solitarias tree**, the symbol of

Pani

From **Illegio**, a small village in the **municipality of Tolmezzo**, there is a forest road that in about an hour leads to the **Lunge meadows**, a prairie adorned with beech trees. In addition, **excellent art exhibitions** with works of international origin take place every year in the Carnic locality

Remaining in Carnia, starting in Verzegnis and in an hour's walk, you can reach and admire the **Arzino waterfalls**, where the crystal-clear water creates plays of colour amidst drops and carpets of moss.

For people with better training, in the **Degano Valley**, venture into the "**Gracco Bandit Forest**", while in the municipality of Paluzza, a step away from Austria, a walk of about four hours goes through the "**Clelius Bandit Forest**" - woods that, as the name says and according to a law dating back to the Venetian Republic, "must not be cut".

<https://www.turismofvg.it/en/mountain365/what-to-do/nature/the-foliage-paths/foliage-in-carnia>

Tarvisio area

Near **Tarvisio**, in the heart of the Julian Alps and on the border with Austria and Slovenia, in about two hours walk you can visit both the **lower and upper Fusine Lakes**, one of the most fascinating and characteristic corners of the Friuli Venezia Giulia mountains: a trail suitable for everyone, as is the one to **Lake Predil**, towards Sella Nevea; wooded biodiversity and a primordial environment then surround the itinerary along the **Slizza gorge**, which is contrasted by the bucolic landscape along the **Val Bartolo trail**. The cross-border bike route of the **Alpe Adria Radweg cycle track**, which leads from Salzburg to Grado, as well as the **Ring of Three Nations**, a cross-border walk between Carinthia, Slovenia and Friuli Venezia Giulia on the paths of the **Alpe Adria Trail**, also pass through Tarvisio.

In the municipality of **Malborghetto - Valbruna**, you can walk along the **path of the resonance trees**, about five km long, in an evocative forest of spruce trees, famous for their precious wood used in violin making. Then, the Puanina tour, starting from Ugovizza and with a minimal elevation gain, winds its way between alpine pastures and agritourism farms, while the **Great War thematic trail - Abschnitt Saisera** - runs along the thread of history. The **Valbruna Plain Trail**, on the other hand, is a tourist walk among majestic mountains, where deer, roe deer, foxes, and martens are not infrequently encountered.

Gratifying for experienced hikers is the **circuit of the Malghe of the Montasio**, in Sella Nevea, which offers splendid views and colours towards the Raccolana Valley, while the trek to the **Fontanone di Goriuda**, a true spectacle of nature, a waterfall among the caves and jumps of the icy waters descending from the melting snow of the Canin Mountains, is only a few minutes' walk long and cannot be missed.

<https://www.turismofvg.it/en/mountain365/what-to-do/nature/the-foliage-paths/foliage-in-the-areas-surrounding-tarvisio>

EVENTS AND ACTIVITIES

Of the events, we would like to emphasise in **Tolmezzo** from 27 to 30 October "**Il filo dei sapori**" (The thread of flavours), with show-cooking, entertainment, exhibitions, children's workshops and the presentation of all the excellence of the Carnic territory, as well as the day of the [Celtic New Year's Revival in Ampezzo](#) on the 31 October, a fascinating appointment with history and ancient traditions.

Until December, various activities are scheduled, such as **guided hikes**, **astrotrekking**, sound **meditation**, and **outdoor yoga** sessions: more details are available on the website [Montagna 365](#).

PACKAGES

In the **mountains of Pordenone**, we would like to highlight some packages available between now and the end of October and November

- [Bike Land for everyone, on the Dolomites of Friuli Venezia Giulia](#)
- [Active Holiday & Adventure, Bike, Nordic Walking, Hydrospeed, Kneipp and flavours Dolomites of Friuli Venezia Giulia 7 days/6 nights](#)
- [Escape to Nature: Long Weekends in Fully Sustainable Accommodations](#)

In **Carnia**, also until the end of October, some packages in **Forni di Sopra**

- [For two-wheel enthusiasts in the Dolomites of Friuli Venezia Giulia](#)

- [A stay in the pink Dolomites of Friuli Venezia Giulia](#)

In the **Tarvisio area**, there are several bike packages along the **Alpe Adria Radweg cycle track** that will remain open until October

- [Tarvisio-Grado on the Alpe Adria Radweg Cycle Track](#)

and hiking routes on the **Alpe Adria Trail** until the end of November:

- [Alpe Adria Trail: The Great War](#)
- [Alpe Adria Trail: 3 Days 3 Nations](#)