

Valentine's Day 2023: the most romantic spots and experiences in Friuli Venezia Giulia

Travel ideas for couples in search of relaxation, food and wine, history, and experiences in nature, with a focus on the environment

Trieste, February 10 2023 – **Magical places** to discover and **unique experiences** to **enjoy as a couple** for a Valentine's Day getaway: Friuli Venezia Giulia, with its variety of **natural landscapes**, **villages** rich in history, and excellent **food and wine**, offers many ideas for spending a **truly memorable and special February 14**, from the mountains to the sea.

Discover a mountain village in a **horse-drawn carriage** or **take a sleigh ride** through pristine forests, find relaxation and wellness in a **spas and wellness facilities**, immerse yourself in the evocative landscape of hills and vineyards, or retrace the places inhabited by Casanova, sleeping in a **medieval castle**. And for enthusiasts of high altitudes, reach a **fairy-tale** summit, with the possibility of spending the night under a blanket of stars, tasting typical dishes and wines of a **borderland**.

In Sappada, Sauris, and on Mount Lussari: romantic experiences in the mountains

Sappada, an Alpine pearl surrounded by the **Dolomites**, offers mountain lovers many activities in nature: from **cross-country** and **downhill** skiing to **snowshoeing** or **walks** along the Piave River to its springs. Sappada also boasts a particular **rural architecture** represented by wooden houses built using the ancient *blockbau* technique, the maximum expression of which can be seen at **Cima Sappada**. **Typical and starred restaurants**, **spas**, **wellness** facilities, and lots of local **craftsmanship**: Sappada has all the ingredients for a weekend of cuddling, relaxation, traditions, and lots of good food.

Sauris is an alpine village in **Carnia** named [Best Tourism Village 2022](#) in December by the UNWTO, United Nations **World Tourism Organisation**, the initiative of the United Nations that rewards locations where tourism preserves local traditions and culture, safeguarding the **environment** and **biodiversity**. Sauris' name is linked to the name of its exquisite, **lightly smoked prosciutto crudo**, excellent when enjoyed with **local beer** and tasty **cheese from the alpine huts**, perhaps after visiting the village on a horse-drawn sleigh. [Carriage or sleigh ride \(turismoFVG.it\)](#)

In the heart of the **Julian Alps**, the 1,800-metre-high, fairy-tale village of **Mount Lussari**, located on the border between Italy, Austria, and Slovenia, offers high-altitude enthusiasts a privileged point of view of **Jôf di Montasio**, **Jôf Fuart**, and **Mangart**. With its panoramic terraces, narrow streets amidst inns and typical houses, and the small Church "of three nations" that dates back to the 16th century, the village is both a **place of pilgrimage** and a point of arrival for **trekking and skiing** enthusiasts, but also for anyone who, climbing up the cableway, is searching for peace and relaxation while spending the night in a unique *location*. [Monte Lussari \(turismoFVG.it\)](#)

Valentine's Day among the vineyards, wine cellars, and castles of Friuli Venezia Giulia

A land of great wines and good food, Friuli Venezia Giulia is an ideal destination for enthusiasts of quality gastronomy. Lovers of romantic walks can venture into the evocative landscape of **Collio** and its vineyards clinging to the rolling hills by following the slow itinerary of the "**orange benches of Oslavia**" and stopping in the producers' cellars for a taste of Ribolla Gialla wine. Opportunities are also endless to visit medieval castles, such as the **Castle of Spessa**, where distinguished guests have lodged over the centuries, including the famous writer and adventurer Giacomo Casanova, to whom a beautiful Italian-style garden is dedicated. Or in the **Colli Orientali del Friuli** territory, where you can visit the producers of some of the region's native wines, such as Schioppettino, Refosco dal Peduncolo Rosso or Pignolo. In the landscape of Colli Orientali del Friuli, **Buttrio Castle**, dating back to the 12th century, is part of the circuit of [Friuli Venezia Giulia's Historic Residences](#), full of charm and immersed in a peaceful natural setting.

And for *wine lovers*, there are several open cellars on the **Wine and Taste Route** for those who want to experience a full immersion in the world of wine, through tastings and guided tours, discovering an area narrated directly by its local producers ([www.tastefvg.it](#))

Spas and wellness for couples

Friuli Venezia Giulia is a land of hospitality and offers the opportunity to regenerate body and soul in the spas or wellness centres located along its 130 kilometres of coastline or nestled in the Alpine landscapes. Iodine-rich seawater aerosols, seaside walks, lagoon or mountain villages, and typical cuisine are the setting for **spas and wellness facilities that are the ideal setting for spending days of pure relaxation and wellness.**

At **Arta Terme**, in Carnia, the benefits of the waters of the Pudia spring merge with the healthy climate of the mountains. In **Monfalcone**, just a few kilometres from the romantic **Castle of Duino**, the thermal water, renowned since Roman times, springs naturally at a temperature of 38-39°, not to mention the [wellness centres and hotels with beauty farms](#), equipped with hydro-massage pools, thermal and hay baths, saunas and all kinds of beauty services. [Spas and wellness \(turismo.fvg.it\)](https://www.turismo.fvg.it/en/spas-and-wellness)