

The mountain of Friuli Venezia Giulia inaugurates the summer season among sports, culture, events and excellent food and wine

Thanks to the openings of the ski lifts and a new entertainment programme also for children, the mountain resorts of Friuli Venezia Giulia are the ideal destination to regenerate body and spirit, immersed in pristine natural scenery, discovering ancient crafts and the authenticity of times gone by

Trieste, June 21 2023 – From the UNESCO heritage of the Friuli Dolomites through the hamlets of **Carnia** to the thousand-year-old forest of Tarvisio in the **Julian Alps**: those who want a holiday in the regenerating mountains of Friuli Venezia Giulia are spoilt for choice. In **Sappada, Forni di Sopra, Piancavallo, Tarvisio and in many other locations** of the region, a summer of events is inaugurated, news, activities with guides and workshops for children, soon available online, together with an extensive outdoor offer for all levels, from athletes to families, and activities aimed at the well-being of body and spirit. For those who love culture, art and history, there are many itineraries made ad hoc to discover the artisan tradition, such as that of **Carnic violin** making or tracing the **historical paths of the Great War**, with guided tours and trekking routes from the Karst to the Natisone Valleys. And for those looking for a stay full of relaxation and good food, you just have to take part in the many food and wine events among the villages and shelters, tasting the typical dishes of Friuli cuisine.

“IN RIFUGIO C'È PIÙ GUSTO” (there is more taste in the shelters): six unmissable events in the name of good food and sustainability

Chocolate, snails, honey and many other zero-km products, together with traditional dishes and cakes, such as gubana, will be the protagonists of the table during the six events scheduled every Saturday from June 24 to July 29 in six shelters of the Assorifugi circuit of Friuli Venezia Giulia. A special opportunity to discover the agri-food brand **“Io sono Friuli Venezia Giulia”** (I am Friuli Venezia Giulia), which guarantees the **controlled supply chain** of ingredients and the **sustainability** of the manufacturing companies that have always been committed, just like the shelters, to bringing the most authentic tastes of their land to the table.

“Listening, knowing, experimenting, having fun and ... tasting, with sustainability at heart!” will be the motto of these days also **for children**, invited to participate in activities just for them, such as **workshops** on the world of bees and snails, small workshops to try their hand at the **art of mosaic** or experimenting with the preparation of easy recipes.

Dates and further information <https://www.turismofvg.it/it/montagna365/in-rifugio-c-e-piu-gusto>

A programme of events for young and old alike

The various entertainment programmes created in collaboration with the Friuli Venezia Giulia mountain networks and consortia begin from mid-June. They offer an alternation of outdoor activities for adults and children: **trekking, e-bike and mountain bike excursions**, walks at sunset and in the evening, **astrotrekking** itineraries, but also **art workshops, theatrical performances** for children, visits to **educational farms** and **tastings** of typical local products; those who want to, can try out **climbing**, enjoy **horseback riding**, participate in a **speleological visit** as well as much more. Dates and info <https://www.turismofvg.it/montagna/search?Type=visite&MaxPageIndex=0>

An unexplored corner of the Julian Alps and Pre-Alps: Val Resia

The town of Resia is located in a **magical and unexplored valley**, where a community of Slavic origin still lives, preserving traditions and an ancient language. Prato di Resia has a visitor centre of the **Julian Prealps Natural Park**, with countless paths for walking and trekking in the summer, surrounded by a **mountain massif dominated by the 2587 metres of Mount Canin**. The town also represents an extremely important **linguistic island** still being studied, where traditions of great interest are preserved and handed down, such as the **typical “la Resiana” dance**, which comes to life on a hypnotic and persuasive melody. Amazing is not only the history and culture but also the nature, rich in particular animals and plants such as the **eagle owl, the owl, the boreal owl, the golden eagle, the capercaillie, the black grouse, the rock ptarmigan, rock partridge**, as well as particular flowers such as the tufted horned rampion and the Julian Alps poppy.

From **July to August**, a **rich programme** of naturalistic excursions is scheduled **on Fridays and Saturdays** in combination with a **workshop** organized by the Val Resia Ecomuseum, where the themes are the history, culture, language and tradition of Val Resia.

On the notes of the “musical routes” up to the heart of Carnia

The workshops of the **Carnic artisans** open their doors to visitors to get a closer look at where their unique musical instruments come from: from **Val Pesarina with the Fratelli Leita harpsichord masters** and experts in the restoration of musical instruments up to Tolmezzo in the prestigious **Rossitti brothers’ lutherie**. **The itinerary** takes the visitor back in time. From **June to September**, it will be possible to visit **the two artisan workshops**, Fratelli Leita and Fratelli Rossitti, to immerse yourself in this unique world that is music in Carnia.

Sappada: Pearl of the Dolomites, is increasingly a family destination

Surrounded by the Dolomites, **Sappada** (*Plodn* in the local dialect) is a famous destination for **summer** as well as winter **tourism**. Its origins date back to the early Middle Ages when it was inhabited by groups of families from Bavaria. In fact, an **ancient German dialect** is still spoken in Sappada today. In addition to natural beauty, Sappada boasts a particular **rural architecture** represented by wooden houses built with the **ancient *blockbau* technique**.

It has always been a destination for active holidays and families, and the resort aims this year to expand the offer dedicated to children and families with a **project dedicated to entertainment for children with fifteen unmissable events** in the months of July and August.

The program includes **shows, museum appointments, workshops, readings and stories** for an unforgettable holiday to be spent with the family in the setting of a dreamy mountain landscape.

Outdoors following the thread of history: trekking and Great War itineraries among bunkers, memorial stones and trenches

There are **60 guided tours** scheduled **from June to November** dedicated to those who want to combine the discovery of a territory that speaks of history with the outdoors. From the Isontino and Trieste Karst, passing by the Redipuglia Shrine and the “open-air museum” of San Michele al Carso, up to Carnia with the **Museum of the Great War of Timau and Forni Avoltri**, there are many paths and trekking routes that retrace the places where history was made: those of the Great War where it is still possible to see the signs and testimonies of an important past today, by visiting **bunkers, positions overlooking the sea, trenches and secret passages**.

Dates and further information at the link <https://www.turismoFVG.it/it/111269/carnia>

Holiday packages: many offers not to be missed

Active holidays, regenerating retreats, romantic weekends or stays for families with many dedicated activities: there are many different tourist packages offered by tour operators in the area for those who want **an all-round holiday**.

In addition to overnight stays in typical family-run establishments and insurance coverage, the packages include **activities with expert and professional guides together** with a variety of **original and authentic experiences linked to the area**: from **tastings in shepherd huts** to **educational farms**, from **naturalistic excursions** to **trekking and biking**, from sports experiences for experts and beginners - such as canoeing, sport fishing and an introduction to climbing - to guided visits to **artisan workshops**. And for those who want a regenerating holiday, there are many activities aimed at detoxifying the body and spirit, such as **forest bathing**, the collection of herbs to be enjoyed as a **detoxifying herbal tea** or **conscious breathing** immersed in the woods and in front of spectacular naturalistic panoramas.

All the offers [Pacchetti / offerte montagna \(turismofvg.it\)](http://www.turismofvg.it/offerte_montagna)

<https://www.turismofvg.it/it/montagna365>