

Experience the Heights: A summer of Activities and Adventures in the Mountains of Friuli Venezia Giulia

From Julian Alps to Carnic Alps to Friulian Dolomites, mountain lovers can choose among lots of experiences suitable for everyone, expert hikers or families, and sleep in unusual accommodation surrounded by nature

Trieste, 9 July 2025 - With their rich programme of activities, realised with the collaboration of local business networks and tourist consortia, their unspoilt and authentic setting and the opening of ski lifts, the **mountain resorts of Friuli Venezia Giulia** are ready to welcome those who wish to spend a holiday in the midst of nature where it is impossible to get bored. The range of proposals covers the entire Alpine arc, **from the Tarvisio area to Piancavallo, Carnia and the Friulian Dolomites**: you can choose among **panoramic hikes, e-bike routes, climbing, children workshops, gastronomic experiences in mountain huts, astrotrekking, speleology, well-being, forest bathing and much more**. The programme includes events and experiences suitable for adrenalin lovers, curious explorers as well as those simply seeking relaxation in the woods or wishing to learn about the history and traditions of this fascinating part of Friuli Venezia Giulia. You can book or buy activities in a few simple steps on [Friuli Venezia Giulia](#)

To fully experience mountain nature, you can choose to **spend the night in unusual accommodation**, for an out-of-the-ordinary experience.

A NIGHT TO REMEMBER: UNSUAL MOUNTAIN LODGING

For an even more immersive experience in nature, you can choose to spend your nights in unusual accommodation that allows you to fully experience the mountains of Friuli Venezia Giulia. There are tree houses, in nomadic cabins in the forest, in starboxes (comfortable star-gazing accommodation), glamping tents or rooms surrounded by nature. A new way to turn your stay into a unique and unforgettable experience.

[Unusual accommodation](#)

CARNIA

In **Sappada**, an increasingly family-friendly town, the programme includes many activities for families with games, handicraft workshops with natural watercolours, storytelling through the village streets, theatrical performances in the company of puppets and storytellers. There is no shortage of nature walks in the mountains for trekking enthusiasts, climbing courses, cheese tastings in the malgas, and cycling tours accompanied by cross-country skiing champions such as Fauner and Piller Cotter.

In **Sauris** has been included by the United Nations World Tourism Organisation on the list of '**Best Tourism Villages**', also thanks to its treasure hunt that takes you to explore the characteristic village; its **fossil hunt**, an enthralling excursion through the alleyways of the historic centre of Sauris di Sopra to discover the traces of ancient animals; and many other proposals ranging from **nature tours to e-bike rides**. The **cinetrekking** experience is truly unique. It is a walk-through location where films were and are shot, amidst anecdotes and curiosities, surrounded by the nature of Sauris.

At **Forni di Sopra**, the Friulian Dolomites and the Monfalconi and Cridola Groups are a wonderful backdrop for **e-bike tours through valley floors and night-time tours** to discover the unspoilt beauty of the area while gazing at the stars. Here, too, there are a variety of opportunities for the whole family to have fun, from the 'Fantastic creations in the forest' tour to the **slow-pace walks with Biagio the donkey**. Adrenaline lovers will opt for **canyoning** in the gorge of the Poschiadea Torrent or tackling via ferratas together with experienced mountain guides.

The Mount **Zoncolan** area offers plenty of opportunities those who love nature and the history that has marked these places. Designed for families is **the lantern walk** in the valley, an evening walk on a path lit by lanterns to create a magical atmosphere. You can also learn more about crops and animals with the '**Fattoria diffusa**' (Scattered Farm) project between Sutrio and Ravascletto, while gastronomy enthusiasts will appreciate malga tours to learn about local cheese production.

In **Arta Terme**, **astrotrekking** returns for summer 2025, to admire the clear sky far from light pollution enjoy the silence and awaken your senses, alongside various activities to get closer to the **world of music** and the creation of musical instruments, with visits to Leita harpsichord-maker workshop in Prato Carnico and that of luthier Rossitti in Tolmezzo. If you wish to break away from routine, discover **forest bathing** and **gong bathing**!

TARVISIO AND GEMONA

The Tarvisio area offers a world for those who enjoy hiking alone or accompanied by nature guides, with the possibility of discovering the traces of the Great War, passing along old military paths and forts used. For **wellness enthusiasts**, **forest bathing** remains one of the most popular **activities in the ancient forest**; however, the programme also offers 'psychological hikes' with meditative walks, while the youngest can enjoy **walks dedicated to the beaver, the architect of the forest**, and a visit an educational farm. The Tarvisio area is also ideal for speleology, exploring underground water courses to go in-depth into the karst phenomenon, in the Goriuda Cave, on board an inflatable boat or on foot. There are also many appointments for one-day hikes to mountain huts such as Zacchi, Gilberti, Grego and Pellarini mountain huts, always accompanied by a mountain guide. If you wish to learn about local history, there are the 'Borghi e manieri' (Villages and Manors) walks, an opportunity to enter the Tarvisio Millenary Forest and reach the peak of Mount Castello, where the remains of the ancient Weissenfels castle are found.

Nature and historical tours suitable for families, discovering the sites of the Great War, meditative hikes and walks and adventure biking are also on offer in the **Gemona** area, at the gateway to the Tarvisio area.

PIANCAVALLO

Hiking in Piancavallo is a unique experience for nature lovers. There are different types of activities, designed for all levels: from one-day to half-day to evening hikes or tours. In the morning with the sunlight illuminating the peaks, or in the night under the moonlight to experience the mountains in an even more intimate and evocative way. Among the proposed hikes and tours, with all different difficulty levels, you will discover the beauty of the area.

NATURE PARKS IN FRIULIAN DOLOMITES AND JULIAN PRE-ALPS

You cannot absolutely miss the Friulian Dolomites Nature Park and the Julian Pre-Alps Nature Park, which are both UNESCO MaB Transboundary Biosphere Reserves. Both parks offer trails that can be walked in all seasons to discover their forest and natural heritage. You will also be accompanied by parks' expert guides who will explain in detail the places you pass through and their characteristics, always in full safety conditions. At the [Julian Pre-Alps Nature Park](#), the summer programme is already ongoing, with guided hikes, nature tours and speleological or geological tours. Also at the [Friuli Dolomites Natural Park](#), the summer season has kicked and is packed with activities such as tours and hikes along historical routes and Rommel's routes in Val Tramontina and Val Cellina.

For more information or for bookings and purchasing experiences:

- [Mountain in Friuli Venezia Giulia](#)
- [Activities with guide](#)
- Opening calendar of facilities and lifts: [2024 Summer opening calendar](#)