

The Tradition of the *Fogolâr* in Friuli Venezia Giulia

A new route through the valleys of Carnia, the Friulian Dolomites and the Eastern Prealps, to discover culinary specialities, local culture and nature

Trieste, 22 October 2025 - The [new route 'Discovering the *fogolârs*'](#) created by PromoTurismoFVG and included in a special section of the [Wine & Taste Route](#) is a journey to explore the traditional dishes and eateries of Friuli Venezia Giulia, to discover its authentic and welcoming soul. The *fogolâr*, in standard Italian *focolare*, which means 'fireplace' or 'hearth', is one of the symbols of the region. Widespread especially in mountainous areas and in the high plains, the large kitchen fireplace has been a gathering place for generations in families of all social categories, a place to keep warm, prepare traditional meals, and share daily life and plans for the future. The fireplace has played such an important role in regional culture that it was chosen as a symbol of belonging and the name of emigrant associations abroad.

Although its appearance and use have changed over time, the *fogolâr* is still a distinctive feature of Friuli Venezia Giulia, found in homes, restaurants and tourist accommodation that strive to preserve its historical memory and culinary traditions. This ideal journey to learn about the *fogolârs* will lead to the discovery of [gastronomic specialities](#) and the region itself, through the valleys of Carnia, the Friulian Dolomites and the foothills of Western Friuli and the Eastern Prealps.

We could set off from [Tolmezzo](#), the main town of Carnia, located on the border between the mountains, the plains and the waters of the **Tagliamento River**, where there are many opportunities to learn about the traditions related to the *fogolâr*, both in restaurants and thanks to the **'Michele Gortani' Carnic Museum of Folk Arts**, where you can discover the elements of Carnic cuisine and the ingredients used in traditional dishes. From the museum to the table is a short journey, just a ten-minute drive takes you to Verzegnis, where you will find more places to sit by the fire and enjoy local dishes such as *toç in braide* (polenta, mountain fondue, salami and *morchia*, a butter and cornflour sauce) or *cjarsons* (traditional ravioli filled with herbs and ricotta or with a sweet and savoury filling).

A short distance from Tolmezzo, heading west along the Valley of the [Tagliamento River](#), Villa Santina, Enemonzo and Socchieve are all ideal places for enjoying a traditional bite to eat, among other things. There are numerous restaurants and *osterie* serving food around the *fogolâr*, where tasting the local **cheeses** is an absolute must. To whet your appetite or aid the digestion after lunch, these three locations offer a variety of **active tourism** opportunities: you can go hiking, cycling or horse riding along the Tagliamento river or among the mountains.

The journey to discover the *fogolârs* continues northwards into the Lumiei Valley and takes us to [Sauris](#), an alpine village **chosen by the Ministry of Tourism to represent Italy at the second edition of the United Nations World Tourism Organisation (UNWTO) 'Best Tourism Villages'** initiative, which rewards tourist destinations that preserve traditions, local culture and biodiversity. The typical local foods include the **Sauris PGI ham**, a type of smoked raw ham with a sweet flavour. Those who want to discover

other peculiarities of the area can visit the Sauris Historical Centre - Museum of Sant'Osvaldo, which tells the story of the local community and Saurano, the German dialect spoken there. Nestled in the Carnic Alps, Sauris di Sopra and Sauris di Sotto are also starting points for many outdoor activities all year round. You can choose from easy walks, more challenging hikes in the local peaks, including Monte Pieltinis and Tinisa, or the adrenaline rush of the zipline over the lake, open in the summer, from June to October.

North of Tolmezzo, the itinerary continues along the valleys of But and Pontaiba, through which run the streams of the same name. The local village of [Sutrio](#) develops around a characteristic historical centre, with **stone houses and wood carving workshops**, with this craft tradition behind the Vatican Nativity Scene project for Christmas 2022, now on display in the village's central square. After a day on the **Ravascletto-Zoncolan** ski slopes, agritourism eateries and restaurants offer cured meats, cheeses and traditional dishes such as **frico and polenta**, a classic regional speciality. In **Treppo Ligosullo**, between one culinary discovery and the next, you can enjoy both local art and nature: the **'Enrico De Cillia' Modern Art Gallery has over 150 works of contemporary art, with paintings and drawings by Cussigh, Renzo and Stefano Tubaro, Sironi and Pignon**, among others.

Moving to the western part of Friuli Venezia Giulia, **the foothills north of [Pordenone](#)** offer other delicious specialities you can enjoy in one of the trattorias or restaurants with a *fogolâr* in the areas of Travesio, Castelnovo or Sequals. The area between the Tagliamento River and the Torrente Meduna is known for the production of **Formaggio d'Asino** and **Formadi tal Cit**, soft and spreadable dairy products. The first has a typically savoury and slightly spicy flavour created by the immersion of the cheese in the *salmuerie* (a mixture of milk, cream and salt) inside wooden vats; the second is produced from leftover cheeses, which are grated up or softened with cream and preserved in a stone jar (known as a *cit* in Friulian). Even further west, in the **Friulian Dolomites, Cavallo and Cansiglio**, the fireplace is the ideal place to gather after a day outdoors to enjoy a board of *charcuterie* and cheeses, including **pitina**. You can taste this delicious smoked meatball-shaped salami (PGI and Slow Food Presidium product) in lots of places, including **Frisanco, Dardago and Piancavallo**. Made with the meat of high mountain game or sheep, minced, seasoned and passed rolled in cornmeal before smoking, *pitina* also goes by the name of *peta* or *petuccia*, depending on the size and the herbs used to season it.

The tradition of the *fogolârs* connects these and many other locations in the region and offers visitors a variety of different routes to discover the food and wine, culture, and nature of Friuli Venezia Giulia.

Useful links:

The restaurant map: <https://www.turismoFVG.it/en/food-and-wine/discovering-the-fogolars>

Wine & Taste Route: <https://www.turismoFVG.it/en/food-and-wine>