

ENG

# Grado



FRIULI VENEZIA GIULIA  
[www.turismo.fvg.it](http://www.turismo.fvg.it)

# GRADO



**FAMILY  
EXPERIENCE**



**OUTDOOR  
EXPERIENCE**



**BIKE  
EXPERIENCE**



**SLOW  
EXPERIENCE**



**TASTE  
EXPERIENCE**



**ART & CULTURE  
EXPERIENCE**

# THE ISLAND OF WELL-BEING

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## A SEA THAT PLEASES EVERYONE

Grado is known as the “Island of the Sun” because its eight kilometres of beaches are all south-facing, permanently exposed to the sun and, due to its unique microclimate, there is never any shortage of sun. This is not the only reason for a vacation though: Grado is renowned for its iodine-rich air, thalassotherapy and the beneficial effects of the sand, in addition to its Venetian-influenced picturesque historical town centre with its maze of narrow streets (*calli*) and small squares (*campi*) enriched with Roman archaeological remains and Early Christian basilicas. Furthermore, it is also known for its taverns, which offer culinary specialities from the coast, and fine inland wines. Its events animate the summers and offer recreational opportunities to everyone: young people, adults/grown-ups and families alike. With its record number of Blue Flag beaches, Grado's coast is filled with organised beaches offering plenty of amenities, so that both adults and children can relax and have fun here. There is also an efficient network of cycle paths that you can use to enjoy pleasant bike rides inland.

Grado is the finishing point of the Alpe-Adria Cycle Route and the Adriabike Cycle Route, two of the most picturesque cross-border cycle-touring routes in Europe.

Grado is also a holiday destination for people with disabilities and specific needs, as they are offered numerous dedicated services: beach wheelchair rentals and private walkways on the beaches, boat trips on the lagoon, wheelchair-accessible nature reserves and areas, not to mention the opportunity to try one's hand at sailing and other sports. Grado's historic conference centre is perfect for hosting conferences, business conventions, business meetings and various other events, thanks to a good range of boasts a good range of flexible function rooms within accommodation facilities. The resort town is surrounded by an area rich in cultural and natural resources that provide many opportunities for you to mix business with pleasure.

Grado is worth a visit or stay during various periods of the year due to the broad range of services it has to offer, in addition to its close proximity to important cultural and historic centres like Palmanova and Aquileia, territories rich in food and wine excellences, and areas of rare natural beauty.

Info: [www.turismofvg.it/Sea](http://www.turismofvg.it/Sea)

# THE BEACHES

The sea beckons you from Grado's permanently sun-kissed beaches. The gently-sloping shallow waters and the calm, clean water of the Blue Flag beaches, are the perfect environments for children to play safely while their parents relax with peace of mind.

The Côte d'Azur is a stretch of free public beach dotted with several beach establishments that also serve food. In this stretch of beach, children can have fun in the playground areas, and the bigger kids can enjoy the beach volleyball and 5-a-side football courts. This area comes alive at night thanks to the seafront restaurants with their typical menus and the pedestrian promenade that connects the beach to the dam.

The main beach however, is a large stretch of beach with an admission fee that is equipped with playgrounds, green areas and playing fields. It also offers special activities and entertainment. It can only be entered via security gates and is especially suitable for families, as it guarantees safety and also has special facilities for youngest guests. There is no shortage of VIP areas for those seeking comfort and convenience: The Settimo Cie-

lo (Seventh Heaven) area is suitable for the more discerning guests, as it offers exclusive services and ample space, so that its guests can take relaxing to the next level. There is no shortage of food establishments here either. A wide selection is available, ranging from quick snacks to more elaborate seafood-inspired dishes. The Lido di Fido beach is a private area with amenities, designed for four-legged friends. The Grado Pineta beach is connected to the town via an easy cycle path and extends into a lush green area. This stretch of beach is a family-favourite, due to its quiet atmosphere just a stone's throw away from the greenery. There is a stretch of beach dedicated to four-legged friends here as well.

The Al Bosco and Sacca dei Moreri beaches are situated next to a large wooded area between the main beach and Pineta beach. This stretch of beach is also free to enter and is ideal for sunbathing in peace, with the option of being able to instantly find shade under the trees when it gets too hot.



# FAMILY EXPERIENCE



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## A CHILD-FRIENDLY TOWN

There are several pedestrian zones and playgrounds where children can safely run and play in the town. In the Parco delle Rose (Rose Park) behind the main beach, you can find shelter from the sun during the hottest time of the day and stroll under the shade of the pine trees. The resort town is also connected via a network of cycle paths which allow you to easily get around the town; you will forget all about your car for the entire holiday.

The accommodation facilities are family-friendly: hotels, campsites and holiday villages offer big, spacious rooms, cater for children and are equipped with play areas. Some of which also offer exceptional amenities also offer entertainment programmes for children aged 4 and up.

Info about Family Experience Sea Hotels:  
[www.turismofvg.it/Family-Experience-Sea](http://www.turismofvg.it/Family-Experience-Sea)





## CHILD-FRIENDLY BEACHES

Nobody ever gets bored on Grado's beaches! Families can take part in various daily activities in order to spend quality time together. In the children's clubs, expert children's entertainers entertain the little ones with special programmes. The main beach also includes the Baby Beach, which is dedicated to families with babies. It is equipped with larger-than-usual sun umbrellas, it provides games, has a baby-changing gazebo and offers special assistance for the little ones.

Those who love to dive and shoot down water slides will love the seafront-facing Grado Thermal Waterpark. Trampolines, slides, games, waterfalls and whirlpools in seawater swimming pools: fun is guaranteed!





## A CHILDREN'S PARADISE

Various water sports and sports activities are available directly from the beach and overseen by qualified personnel, such as stand up paddle boarding, swimming, slacklining and skateboarding. There are also volleyball, basketball and 5-a-side football courts which can be used for friendly matches.



You can also set sail on a *batela*, a typical flat-bottomed boat used by fishermen to navigate the lagoon, directly from the sandy shoes of the main beach. On this boat you can discover the natural beauty of the Island or witness the breathtaking views provided by the unforgettable sunset.

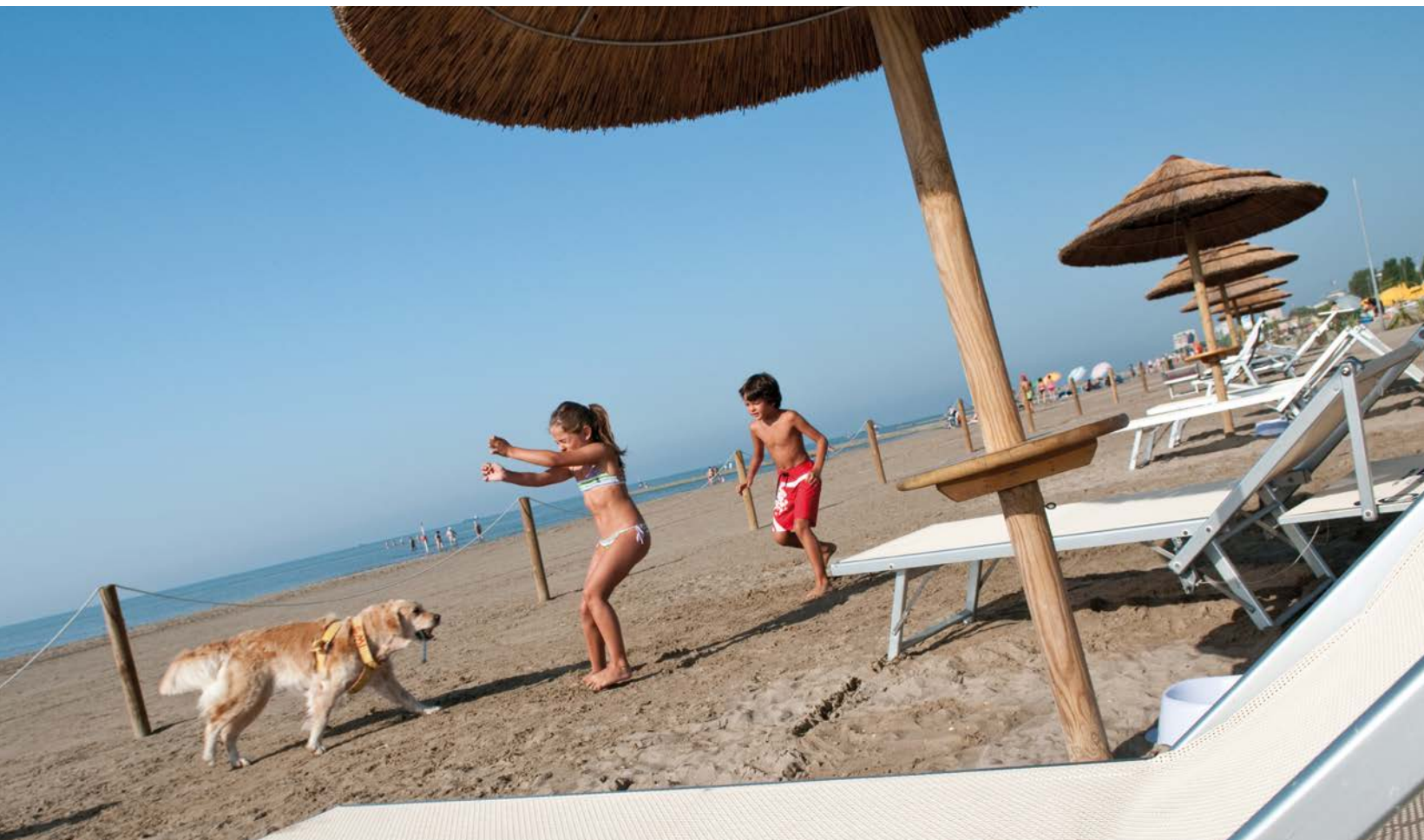
You can also book weekly sailing or tennis courses, and this town resort's surroundings offer numerous day trip options where you can discover the natural and cultural beauties that set this area apart.



## DOG-FRIENDLY BEACHES

Even dogs can enjoy the dedicated dog-friendly beaches on the Island of the Sun and accompany their owners on holiday. Two beach establishments offer closed-off sections with umbrellas, deck chairs, small loungers for your small friends and loungers for their owners.

This is in addition to agility fields, running water taps and a dog toilet system. You can have peace of mind even in the sea: an area has been sectioned off with buoys for your dog to swim in this section.



# OUTDOOR EXPERIENCE



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## FITNESS ACTIVITIES ON THE BEACH

For those who prefer active holidays, Grado offers various opportunities to take part in sports either independently or with a qualified sports instructor.

There are many keep fit activities on the beach, such as pilates, yoga, warm-up exercises and line dancing. The coast is also ideal for Nordic walking or jogging at sunrise or sunset.



You can also go stand up paddle boarding directly from the beach. For those of you who are very fit, Grado and its surroundings are perfect for independent or organised trips on stand up paddle boards and kayaks, as you can immerse yourself in the unspoilt nature and listen to the silence of the lagoon.

Grado is one of the best spots on the Adriatic Coast for windsurfing and kitesurfing. This sport is suitable for beginners and professionals alike. If you are interested in giving the sport a go and experiencing the thrill of steering a kite, qualified instructors are located on the beach itself.



## MARINAS AND LANDING STAGES

There are 4 marinas in Grado that you can choose from. Whether you prefer comfort and being close to the historic town centre or a marina located in a more rural area with high-quality services, there is something for everyone and these marinas will satisfy even the most discerning customers.

All of the docks have moorings for transit, but vessels can also be docked during the day and night. The marinas are the perfect hubs for sailing along the Adriatic Coast, taking short day trips to visit a beach establishment with a view of Grado, making a short stop for food and wine in one of the many restaurants

with a landing stage, slowly navigating the lagoon or moving along the coast to discover the cultural and natural beauties that the area has to offer. There are more than 25 marinas along the coast that you can berth at.

If you arrive in Grado on your own boat, you can also moor it to the fishermen's boats at Mandracchio Port. It is adjacent to the historic centre and one of the most evocative and characteristic areas of the seaside resort.

## GOLF, A GREEN WITHIN A FAUNAL AREA

The Grado Golf Club is set in a very picturesque location: the 18-hole course overlooks the lagoon and extends over more than 60 hectares of land, amidst dense reed beds which are the perfect natural habitat

for herons, wild swans, flamingos and other fauna species typically found in lagoons. The club house and restaurant that serves regional and fish specialities, paired with excellent local wine, are

both housed in a building created in the same style as the traditional fishermen's huts found in the lagoon.



# BIKE EXPERIENCE



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## THE CYCLIST-FRIENDLY TOWN

Grado is one of the best cycling cities in Italy according to the FIAB (Italian Federation of Friends of the Bicycle) who awarded the town a full score of 5 “bike smiles” in 2017. In fact, the municipality of Grado boasts an extensive networks of cycle paths, some of which are particularly scenic.



For example, you can follow the cycle path along the Schiusa Canal in the late afternoon to witness an impressive sunset or reach the Valle Cavanata and Focè dell'Isonzo nature reserves by bike.



### Starting and/or arrival points:



**Scaramuzza bank in Grado, altitude: 1.5 masl**



**Punta Sdobba, altitude: 1 masl**

Grado is also the finishing point of the famous CAAR (Alpe Adria Radweg Cycle Route), a cross-border project shared by Austria and Italy which starts in Salzburg and passes through Villach, Udine and two UNESCO towns (Palmanova and Aquileia) before finally reaching the Adriatic Sea. It is a route filled with natural and panoramic elements which at the same time offers ideas for stops and cultural visits.

The Adriabike Cycle Route is another cross-border route that connects Kranjska Gora to Ravenna. It passes through the most picturesque areas of the Upper Adriatic Sea and the Italian-Slovenian border, and allows cycling enthusiasts to organise

rides of varying lengths. You can easily reach Lignano Sabbiadoro from Grado by crossing 80 km of lagoons, UNESCO sites and lesser-known but equally worth visiting places.

Efficient rental services and intermodal transport are available for bike lovers; you can travel to Udine via bus and bike, or to Trieste by bike and boat. In addition, there are several bike hotels that cyclists can choose to stay at which guarantee a storage facility for bikes, the provision of bike maintenance tools, early breakfast and flexible lunch hours.

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## THE MARINE BATHS OF GRADO

The Marine Baths of Grado perfectly combine relaxation with personal care. They are most renowned for thalassotherapy, a therapy that uses seawater, which has a cleansing, firming and rebalancing effect on the body, due to its beneficial properties. Heliotherapy and sand bath therapies are other types of hydrotherapy treatments also offered at the spa. Sand bath therapy is the oldest spa treatment and the most characteristic treatment at the spa.

Guests can also make use of the two indoor seawater swimming pools, which are open all year round; one is for swimming freely in a water temperature of 31°C and the other is heated to 32°C and features a coordinated hydromassage system, which is perfect for relaxing. You can pamper yourself all year round in this wellness centre. Treat yourself to massages and beauty treatments, work out in the gym or make use of the hot area equipped with a Turkish bath, sauna and jacuzzi.



## THE LAGOON

The lagoon is the magical natural setting where Grado is located and fully represents its essence of this town. A myriad of islets, canals and streams change colour every season and every hour of the day. The Grado Lagoon merges with the Marano Lagoon to the west and differs from this lagoon in terms of its landscape: the Grado Lagoon boasts over a hundred islands that are scarcely protected from marine threats. This is where the *casoni* can be found; fishermen's huts that were built with mud and reeds according to a very ancient technique.

On one of the innumerable islets of the Grado Lagoon lies the famous Mariano di Barbana Sanctuary, a tourist and pilgrimage destination. The island can be reached via a ferry service that operates all year round.



## SLOW TRIPS

# TRIPS ON THE LAGOON

The lagoon's natural environment is an immense ecosystem between the land and sea with a very delicate equilibrium. It is protected by several nature reserves which are certainly worth a visit. Numerous boat trips set off from Grado to see the unspoilt nature in these places. For those who prefer to sightsee independently, several boat rentals are available

(some require boat licences, others don't). In addition, for those who would prefer a "green" trip, canoes, stand up paddle boards or kayaks can be used to experience the slow rhythm of the lagoon. Bike enthusiasts can also choose the bike & boat option to explore the area via the sea and land routes.



## NATURE RESERVES

The Valle Cavanata Nature Reserve can be reached via scenic cycle paths from Grado. Its special programmes will allow you to observe different species of aquatic birds in their natural habitat. On the other hand, to the east lies the Foce dell'Isonzo - Isola della Cona Nature Reserve, outside of the official lagoon area. This is the ideal habitat for many animal species, and notably resident and migratory birds.

The integrity of the area is ensured by constant environmental initiatives and entrusting this job to the animals themselves, such as the Camargue horses who roam freely in the reserve and help control the spread of grasslands. The reserve organises guided tours, walks and even child-friendly activities with the Camargue horses.



# TASTE EXPERIENCE



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In the old town's maze of narrow streets and small squares, numerous restaurants and trattorias offer local dishes under the shade of the harbours. In addition, the coast is dotted with bars and restaurants that serve the more typical dishes using freshly caught fish and shellfish.

## GRADO AND ITS SEAFOOD SPECIALITIES



The dish par excellence in Grado is the *borreto* prepared with turbot or a mixture of various fish and accompanied with white polenta. Other classics are the *sievuli soto sal* (salted mullets) and *sarduni in savor* (floured and fried sardines layered in a baking dish). A delicious starter is the boiled *canoe* (mantis shrimps) seasoned with oil and lemon, and another is the *moleche* (crabs caught during the moulting season without their shells) which are eaten fried.

Another must-try is the *zuppa di gò* (a soup made with goby, a typical lagoon fish). The local cuisine is also enriched with the high-quality fruit and vegetables grown on the mainland, which are also sold in the small shops of local companies: the Fossalon asparagus and Fiumicello peaches are most definitely worth a taste.



## TASTY TRIPS

A trip on the lagoon can easily be combined with a stop for something to eat and drink: in Porto Buso, Barbana and Grado alike, small restaurants with landing stages offer local fish-based specialities. If you are on holiday in Grado, you should not pass up the opportunity for a trip to discover the regional vine varieties. Year after year, Friuli-Venezia Giulia produces some of the best white wines in Europe and excellent red wines. Taste them directly at the wineries and listen to the producers' stories to grasp the true essence! The variety of different soils and climates has led to eight DOC (Denomination of Controlled Origin) zones and three DOGC (Denomination of Controlled and Guaranteed Origin) zones being identified: the Aquileia DOC is the nearest to Grado, and the winemaking tradition there is as old as the city itself.



A slightly longer journey will take you to the Collio, one of the most prized areas for viticulture, thanks to its gently rolling hills covered with vineyards which have the perfect microclimate and therefore produce excellent white wines. There are other delicacies which will satisfy your taste buds, such as the prosciutto di Cormons, the Rosa di Gorizia rose-shaped red radish and dishes that are a melting pot of culinary traditions from Austria, Friuli-Venezia Giulia and Slovenia. Small and quaint villages surround this area of rare beauty, which you can explore by renting an unmistakable yellow Vespa, or via pleasant excursions on foot or by bike.

Info: [www.tastefvg.it](http://www.tastefvg.it)

# ART & CULTURE EXPERIENCE



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## THE HISTORIC TOWN CENTRE

Grado is an elegant town with a historic town centre steeped in Venetian charm. This can be seen in its small squares and narrow streets lined with picturesque fisherman's houses. Its history is linked to these two illustrious cities: Aquileia and Venezia. Grado was a seaport, refuge and towards the end, the main antagonist for the Roman Emporium of Aquileia. It was also the "mother" of Venice from a historical and religious point of view. Due to the recurring Barbarian incursions and the perils from the sea during the fifth and sixth centuries AD, Grado was transformed from an island into a fortress: it built the *Castrum gradense*.

It was here that the Aquileian bishops found refuge by building churches with a magnificent architectural style. Today, the remains of the ancient *Castrum* walls are still visible and you can admire the impressive foundations and part of the elevation. The Late Roman urban planning system is still visible in the old town's narrow streets and its topography. In the *Campo dei Patriarchi* square, you can admire the wonderful Early Christian buildings: the basilicas, which are dedicated to the Holy Mary of Grace and Saint Euphemia, the Baptistry and Lapidarium.



## ART & CULTURE TRIPS GORIZIA

A small, pleasant town where the Habsburg past can still be seen in its mansions and gardens, including the splendid *Viatori Park*. Gorizia is a symbol of twentieth-century Europe's troubled history. It was a disputed territory in the First World War and experienced first-hand the dramatic events involving Italy's eastern border during fascism and the Second World War.

It finally became one of the symbols of political-ideological separation between Western and Eastern Europe during the Cold War. The border fence was pulled down when Slovenia entered the European Union in 2004 and today the border is a united front.

## ART & CULTURE TRIPS

### TRIESTE

Beautiful and cultured Trieste is the most cosmopolitan city in Italy. Evidence of its glorious Habsburg past surrounds you and this is what made the city once known as "The little Vienna on the sea". There is also a melting pot of languages, people and religions that still make this city stand out as you can easily see its harmonious Central European and Mediterranean soul. From June to September, daily trips (except for Mondays) set off for Trieste from Grado on the Delfino Verde boat.

You can rent audio guides or book group guided tours from the InfoPoint PromoTurismoFVG in Trieste in order to discover the most hidden corners of the city.



## ART & CULTURE TRIPS

### UDINE

A city of bookstores and taverns with a mysterious name and many faces. Udine is, so to speak, a farm town which is working-class yet refined and friendly yet cultured. The city was once the capital of the medieval Patria del Friuli and its historical origins often get confused with the legend of Attila the Hun, who is said to have ordered the building of the castle hill, which still overlooks the historic town centre today.

You can rent audio guides from the InfoPoint PromoTurismoFVG in Udine, so that you can discover the city at your own pace. Not far from Udine you can reach Cividale del Friuli, a Longobard UNESCO World Heritage site.



## THE BASSA FRIULANA BETWEEN UNESCO SITES AND EUROPEAN CULTURAL ROUTES

The Bassa Friulana preserves an exceptional heritage made up of numerous towns worth a visit. The first is Aquileia, the ninth city of the Roman Empire and the fourth in Italy for population and importance; so much so that it has a theatre, an amphitheatre and a Circus Maximum, in addition to its fundamental civil structures of course. Today it is a Unesco Heritage Site in its own right due to the importance of its archaeological remains. By retracing its *cardo maximus* (main or central north-south-oriented street), you will shortly arrive in Palmanova, the fortress city commissioned by the Republic of Venice that was built in 1593 and Unesco Heritage Site, too.

Halfway between Aquileia and Palmanova and with a slight change in direction, you will arrive in Torviscosa, an industrial town, built in the 1930s and is now included in the *Atrium* (Architecture of Totalitarian Regimes of the 20th Century in Europe's Urban Memory). Nearby you will find Aiello del Friuli, the country of sundials. Not to be missed is the Museo della Cantieristica di Monfalcone - MuCa, the only Italian museum dedicated to shipbuilding and its impact on the territory.

# EVENTS

### Summer period – Grado

## AIR SHOW — FRECCIE TRICOLORI

Every year, the seaside town is one of the air destinations in the PAN (Italian aerobatic demonstration team) show season. This team performs in the classic airshow.

### First Sunday in July – Grado

## PERDON DE BARBANA E SETTIMANA GRANDA

Every first Sunday in July, the community of Grado goes in procession on boats to renew the ancient vow to the Virgin Mary who saved the town from a terrible plague epidemic.

### July – Grado

## GRADO'S SUMMER CARNIVAL

A parade consisting of masked groups and floats passes through the town centre streets.  
[www.grado.info](http://www.grado.info)

### July – Grado

## EIN PROSIT GRADO

A show tasting of wines and typical dishes predominantly linked to the maritime tradition of the lagoon and Upper Adriatic Sea. The event also involves selected town centre restaurants that offer special tasting menus.  
[www.einprosit.org](http://www.einprosit.org)

### July – Grado

## CONCERTI DEL GUSTO

A tasting evening where regional food and wine specialities can be sampled on the sea-facing dam.  
[www.friuliviadeisapori.it](http://www.friuliviadeisapori.it)

### July – Grado

## SUP RACE

The competition is a stage of the Italian SUP League and consists of a route that winds its way in front of Grado's sandy shores.  
[www.supracegrado.it](http://www.supracegrado.it)

### July and August – Grado

## SARDELADA

The Sardelada (Sardine Festival) takes place during some weekends in July and August. You can try fresh local fish served in traditional dishes. These dishes are simple yet always very popular, such as the sardele roste (roasted sardines) and sardele in savor (floured and fried sardines layered in a baking dish).

### July, August and September

## MUSICA A 4 STELLE — GRADO

Concert music festival with internationally renowned artists.  
[www.grado.info](http://www.grado.info)

### August – Grado and Aquileia

## ALPE ADRIA PUPPET FESTIVAL

Dedicated to the entire world of figures, marionettes and puppets, in addition to other forms of entertainment such as shadow theatres and "storytellers".  
[www.grado.info](http://www.grado.info)

### August – Grado

## CALICI DI STELLE

Organised by the Wine Tourism Movement and the City of Wine. Event where wines from Friuli Venezia Giulia are tasted.  
[www.mtvfriulivg.it](http://www.mtvfriulivg.it)

### September – Grado

## ACQUATICRUNNER

A half-marathon swimrun to be completed by swimming between and running over the islands of the Grado and Marano Lagoon.  
[www.aquaticrunner.com](http://www.aquaticrunner.com)

### September – Grado

## LET'S GO TRIATHLON

A very picturesque route that runs along the seafront, town centre and peripheral countryside. It is divided into swimming, cycling and running sections.  
[www.supracegrado.it](http://www.supracegrado.it)

### December – Grado

## ISOLA DEL NATALE E RASSEGNA DEI PRESEPI

The Nativity scenes which are for the most part of a lagoon and maritime nature, are displayed in the narrow streets and small squares of Grado's historic town centre and are created by private individuals.  
[www.grado.info](http://www.grado.info)

# FVG card

Your pass to experience Friuli Venezia Giulia



## Trieste Infopoint

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## Lignano Pineta Infopoint (summer season)

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## Aquileia Infopoint

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info.aquileia@promoturismo.fvg.it

## FVG Airport Infopoint

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## Palmanova Infopoint

Borgo Udine, 4  
I-33057 Palmanova (UD)  
Tel. +39 0432 924815  
info.palmanova@promoturismo.fvg.it

## Piancavallo Infopoint (winter and summer season)

Via Collalto, 1  
I-33081 Piancavallo (PN)  
Tel. +39 0434 655191  
info.piancavallo@promoturismo.fvg.it

## Sistiana Infopoint (summer season)

Sistiana 56/B  
I-34011 Duino - Aurisina  
Tel. +39 040 299166  
info.sistiana@promoturismo.fvg.it



## HOW TO GET



### BY CAR

Highway

A4 Torino - Trieste

A23 Palmanova - Udine - Tarvisio

A28 Portogruaro - Conegliano

### BY PLANE

Friuli Venezia Giulia Airport

40 km from Trieste and Udine

15 km from Gorizia

80 km from Pordenone

[www.aeroporto.fvg.it](http://www.aeroporto.fvg.it)

### BY TRAIN

[www.trenitalia.it](http://www.trenitalia.it)

Call Center 89.20.21

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