ENG

by the Sea

LIGNANO SABBIADORO,
GRADO AND THE TRIESTE GULF

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INDEX

4	**The Coast of Friuli Venezia Giulia**
7	**To each his or her sea**
8	**Culture and flavours**
10	**Lignano Sabbiadoro and surroundings**
11	Among sea, rivers and lagoon
14	Beaches
16	Family
18	Outdoor
20	Bike
21	Nautica
22	Nature
26	Taste
27	Culture
30	**Grado and surroundings**
31	The wellness island
35	Beaches
38	Family
40	Outdoor
42	Bike
44	Boating
45	Wellness
46	Nature
48	Taste
49	Culture
52	**Gulf of Trieste**
53	A sea of experiences on the Gulf of Trieste
55	Beaches
58	Family
62	Outdoor
63	Bike
64	Boating
65	Wellness
66	Nature
69	Taste
70	Culture
74	**Events of the Coast of Friuli Venezia Giulia**

The Coast of Friuli Venezia Giulia

Long sandy beaches alternating with spectacular lagoon landscapes, fishing areas, nature oases of incomparable beauty and little bays set into cliffs punctuate ***Friuli Venezia Giulia's 130 kilometres of coast****. What this varied and heterogeneous riviera has in common is the Adriatic Sea which washes the whole of the area from famous beach resort* ***Lignano Sabbiadoro*** *to* ***Muggia****, the easternmost side of the* ***Gulf of Trieste*** *with* ***Grado*** *and its beaches and the* ***Grado and Marano lagoons*** *within it. A* ***Coast*** *that is entirely navigable in the summer thanks to an efficient* ***system of maritime routes*** *that connect the main seaside resorts and seaside villages.*

In recognition of the region's respect for and protection of its environment in its territorial management it has been awarded many ***Blue Flags*** *for its beaches and marinas. An efficient system of cycling tracks linking together the various coastal locations within international circuits such as* ***AdriaBike*** *and* ***AlpeAdria Radweg*** *also accord with this. The cycle itineraries are also linked up intermodally with specific transport for cyclist and offer well-equipped accommodation. These extensive cycle routes can also be tackled in small stages taking advantage of the* ***intermodal transport*** *that connects the cycle paths.*

Overview of Lignano Sabbiadoro

Windsurfing in Grado

To each his or her sea

*With its wide variety of landscapes the **Friuli Venezia Giulia coast** truly has something for everyone to offer. On its **coastal beaches** relaxation and fun are guaranteed! With plenty of well-equipped facilities, entertainment along the seaside for little ones and sports to do right on the beach! And luxury beach resorts to spoil yourself at are there, too, together with free access beaches and pristine, wild bays. For **water sports** lovers there is also plenty on offer and you can try your hand at **sailing courses**, **kitesurfing**, **diving**, **seawatching**, **windsurfing**, **canoeing**, **kayaking**, **SUP** and much more along the coast! The sea is also synonymous with wellbeing and in **wellness centres** and **spa** areas along the coast everyone can find time to rediscover themselves, leaving stress behind and looking after themselves. Friuli Venezia Giulia makes available **over 23 marinas for sailors and various harbours including over 22 nautical sports clubs**, making it one of the leading regions in Italy for boat infrastructure and moorings. The coast is also well-equipped to welcome tourists travelling to the beach in campers and caravans.*

The families can choose from a whole list of family-friendly accommodation facilities: well-equipped areas for children are seamlessly combined with services designed for your well-being and relaxation. Ideal for families also the many experiences and attractions designed to spend quality time with young children.

*Discover Family Friuli Venezia Giulia, Motorbike Experience and the Strada del Vino e dei Sapori on **www.turismofvg.it***

Family

STRADA VINO E SAPORI
FRIULI VENEZIA GIULIA

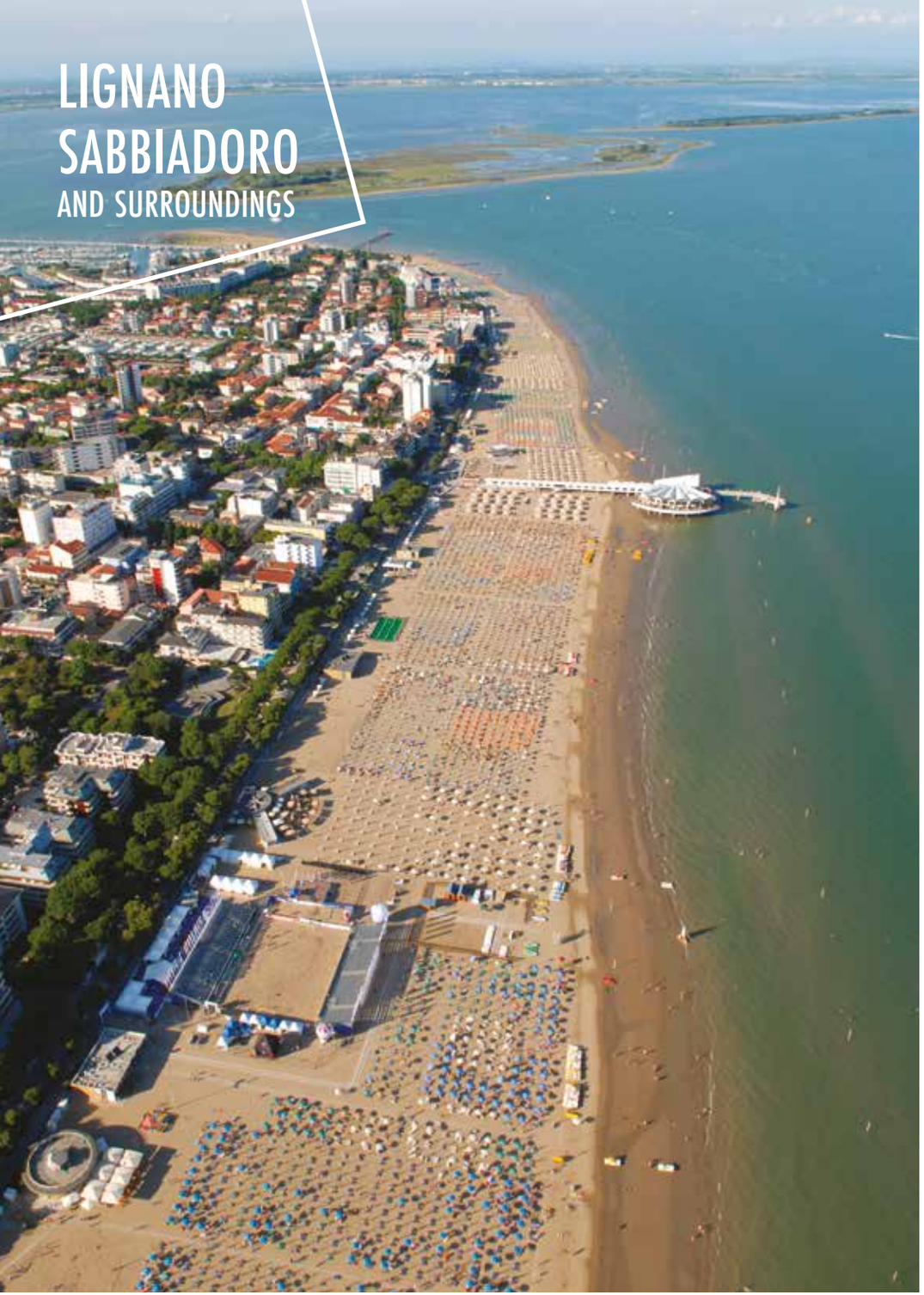
Culture and flavours

Packed with UNESCO sites, coastal villages, authentic places and historic towns, the Friuli Venezia Giulia coast is a living European history book. Go for a coffee in one of the historic cafés in ***Trieste****, the Queen of the Gulf, go back in time to the Ancient Roman Empire with a visit to* ***Aquileia****, a UNESCO heritage site. Visit* ***Palmanova****, nine-pointed star shaped fortress town, also a UNESCO site. The air you breathe in Friuli Venezia Giulia is still suffused with authentic atmosphere and historical traditions in the seaside villages which punctuate its coast. Explore* ***Marano Lagunare****'s colourful alleys and picturesque squares, wander around* ***Grado****'s Roman castrum, find out about the legends of the white lady who still floats around* ***Duino****'s historic manor house, take a trip to* ***Muggia*** *and explore the unusual Istrian-Venetian architecture of this coastal town. Experience the ancient traditions of the Coast in person: listen to the stories of the elderly fishermen sitting near the fish market who gaze out to sea. The sea is the main source of tasty, healthy produce which you can taste at characteristic restaurants with sea views along the coast or at restaurants with their own boat moorings reachable by boat too. Tickle your palate with Adriatic, lagoon and fishing valley fish. Also of note is the lagoon's wild game, its goose specialities and its truffles and asparagus. And to accompany all these specialities there is a wide range of local wines made in the coast's DOC wine making areas: Friuli Annia, Friuli Latisana, Friuli Aquileia and Carso.*

The ***Strada del Vino e dei Sapori*** *(The Route of Wine and Flavours) ideally connects the coast with the mountain area passing through the vineyards and hills of the regional inland area divided into six precious itineraries of taste aimed at promoting the wine cellars, agri-food companies, restaurants, educational farms and the food and wine experiences of Friuli Venezia Giulia.*

Marano Lagunare

LIGNANO SABBIADORO
AND SURROUNDINGS



Among sea, rivers and lagoon

Its long golden peninsula is **Lignano Sabbiadoro**'s business card, as one of Italy's most famous beach resorts. The extensive coastline of golden sand is not the only distinctive feature of the resort. Lignano Sabbiadoro boasts an immense pine forest of over 1,200,000 plants that since 2021 has earned it the prestigious **"Tree Cities of the World"** award from the FAO and Arbor Day Foundation, ranking seventh among Italian cities and assigned in total to 120 cities in the world. It is a town of three souls: **Lignano Sabbiadoro**, historic heart animated by its characteristic packed central streets buzzing with shops, bars, pizzerias and ice cream shops, **Lignano Pineta**, the spiral of avenues set deep in the pine grove's greenery and cut through by its popular central street packed with fashionable shops and bars and **Lignano Riviera,** the ideal place for peace and quiet in the midst of nature.

Bathed by the **Tagliamento River** and overlooking the **Marano Lagoon**, Lignano Sabbiadoro is the ideal starting point for excursions to discover the nearby natural and cultural beauties and is ideal for a day trip. Just like the seaside village of **Marano Lagunare**, which can also be reached by the maritime route active during the summer season, ideal for a lunch of seafood specialities or for visiting the **Canal Novo Valley Reserve**, a birdwatching paradise. SUP, canoe or excursions by boat and motorboat leaving directly from Lignano Sabbiadoro to discover the evocative landscape of the **River Stella Estuary Natural Reserve** dotted with casoni (fishermen's huts) and to visit the town on the river: **Palazzolo dello Stella**. Sailing up the **Tagliamento river** by boat or riding along the River bed by bike, you can reach **Latisana**, an area full of wine cellars and the lively weekly market. Starting from the summer season 2021, the **maritime route connecting Lignano Sabbiadoro and Grado** is also active, ideal for an excursion in the picturesque village with Venetian features.

Beach of Lignano

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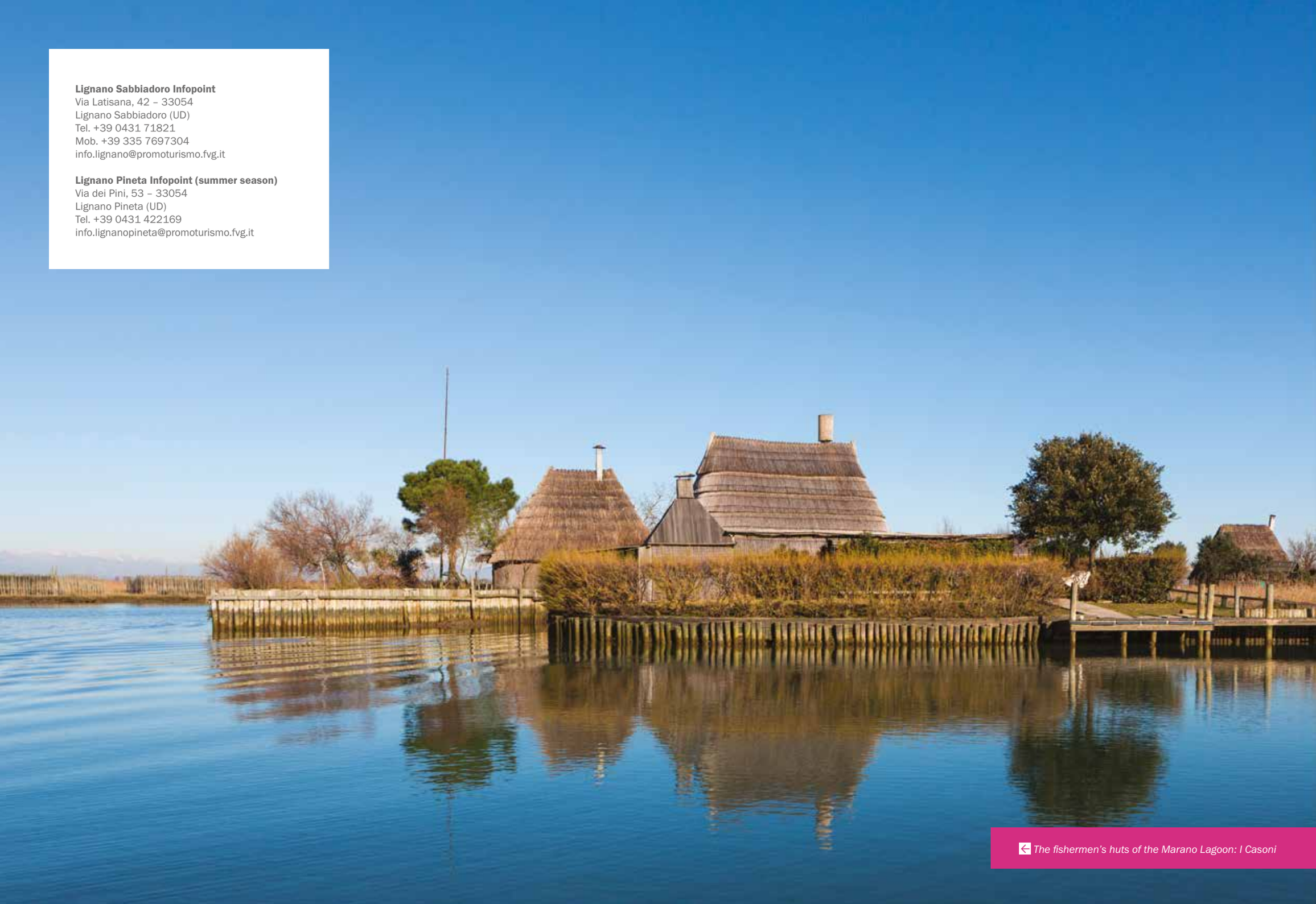


The fishermen's huts of the Marano Lagoon: I Casoni

BEACHES

To each his or her beach

Eight kilometres of golden beach stretch across the Lignano Sabbiadoro peninsula as its name – "golden sand Lignano" – suggests. Starting from Lignano Riviera, the resort's farthest and wildest point where the Adriatic sea joins up with the waters of the Tagliamento river, passing through the Lignano Pineta coast with its landmark **seafront quay** hosting the Pagoda bar, a characteristic panoramic refreshment area in the midst of the sea, and then on to **Terrazza a Mare**, an attractive quay in the midst of the sea with bars and restaurants and the romantic **Faro Rosso** lighthouse at the far lagoon end of Lignano Sabbiadoro.

A paradise for families

A soft sandy beach washed by a calm, shallow sea which wins **Blue** and **Green Flags** every year from paediatricians: all this makes Lignano a paradise for families! There are 39 well-equipped resorts to choose from, with something for all tastes: from standard beach umbrellas and sun loungers to gazebos with sofas and chaise longues for families looking for all comforts. **Entertainment**, **miniclubs** and **baby clubs, activities for a range of age groups**, **games**, **beach volley** and **basketball** and **beach tennis** courts enliven the days of children and teenagers looking for safe fun. The many sea front kiosks and restaurants to choose from for a quick snack between swims, a relaxing sea view lunch, a sunset drink or a romantic dinner with the many specialities offered by regional cuisine.

"Pontile a Mare" in Lignano Pineta

A VIP area for an exclusive holiday

For those who don't want to do without luxury even on the beach there are the Lignano **VIP areas**. Relax at one of Sabbiadoro's wellness areas equipped with large gazebos, canopies, chaise longues, upholstered sunbeds and jacuzzi baths to recharge your batteries in, get a massage and sip a sea view drink. Or there is Lignano Riviera's **Tropical Beach** with its straw umbrellas, wicker tables and well-spaced-out sunbeds and, just a short distance away, a beach kiosk offering coconuts, colourful drinks and music. Lignano Pineta's VIP zone is furnished with well-spaced-out umbrellas, king-size sun beds, cushions, tables, armchairs and safes equipped with solar panels to charge up your devices and you can also order a drink or lunch under the umbrellas directly from your mobile phone. There are also **wellness centres** right on the beach where you can recharge your batteries and look after yourself thanks to a complete range of health, beauty and wellness services. Many facilities also have spa baths offering massages to their guests and outside visitors.

Dog-friendly beaches

Those wanting to share their holidays with their **four-legged friends** will also find free access beaches where dogs are allowed and special facilities for them. On these beaches you can rent equipment such as beach umbrellas and sunbeds and there are fenced off VIP dog stations, dog walking spaces, showers, cots, dog grooming areas, contact details for vets and much more.

A beach for everyone

Lignano's beach is **accessible to everyone**, with a large network of ramps enabling those in wheelchairs to get to the beach easily and toilets and showers designed to be usable by everyone together with opportunities to use JOB seaside seats.

VIP Area in Sabbiadoro

Aquasplash

FAMILY

A child friendly town

Lignano is a welcoming town which you can get around and have fun in safely, with facilities, green areas, games areas and a large library.

The accommodation in the town is equipped to accommodate families offering all services necessary for the little ones. Resort restaurants are designed to fulfil the needs of the whole family such as indoor and outdoor play areas for children, entertainment at the pool and in special spaces and baby dance events in the evenings.

The many apartments to rent in Lignano Sabbiadoro are also great for families as they are equipped with everything you need for a special holiday for both adults and children. There are also many entertainment areas scattered across the town such as mini golf, the **small train Lignano Express** and public play parks. Lastly, the nearest hospital is at Latisana, just a few minutes away by car, but in the summer season there is also a tourist medical service for emergencies at Lignano Sabbiadoro. The **cycle tracks** link up the three town areas and make moving around by bicycle convenient and safe. There are lagoon-side and beach side sections and tracks in the midst of the pine grove and along the Tagliamento loop. The town area comprises large green areas including the **Arena Alpe Adria**, **San Giovanni Bosco**, the **Hemingway Pineta park** and the marine forest around the Lignano Sabbiadoro beaches where adults can relax during the day while children run around and play in safety.

Parco Zoo Punta Verde

FAMILY

A sea of sun

Lignano is a great play park on the sea which transports you to other worlds, too. In Riviera, **Parco Zoo Punta Verde** is one of the best zoo parks in Europe: in a 10-hectare botanical garden of local and exotic flora, there are more than 1000 animals from 150 species from all over the world. **Aquasplash** was one of Italy's first water parks and **Strabilia** is an incredible fairground with sparkling lights, a must for anyone looking for a thrill. The **Riviera Resort Thermal Park** overlooks the sea, with open-air swimming pools filled with seawater and slides, water games, and a hydro-massage area. And that's not all: there are also the bouncy castle park, **Gommosi** and **Parco Junior**. The only problem will be getting your children to leave!

Parasailing, **banana boats**, **donut inflatables**, and **wakeboarding** are just some of the water sports which kids can try their hands at and, of course, the Lignano beach also has two high inflatable slides. Adding to the services offered by the individual beach resorts are also the **thematic villages**. With mini-clubs for children and activities for adults, too, parents can enjoy an active break while their children play in safety.

Choose your sport on the sea

Lignano is the ideal destination for people looking for an **active holiday**, too. The variety and quality of its water sports makes it ideal for both beginners and the more experienced. A combination of temperature, wind strength and water conditions make it perfect for **sailing** and **windsurfing** but there are also plenty of opportunities for **canoeing**, **SUP**, **E-SUP**, **kayaking** and **yoga SUP**, too, on the open sea, on the neighbouring islands, in the lagoon and in the direction of the **Tagliamento and Stella rivers** within areas of considerable nature interest. From autumn to spring **kitesurfing** can be done right from the beach and in summer from Isola delle Conchiglie.

For **divers** and those trying it out for the first time, there is a diving school which organises "sea baptisms". There are also various **swimming** schools and a **canoeing** school which organises courses.

Mega SUP, Lignano

Keep active on the beach too

There are free entry entertainment parks on the beach where you can take part in **fitness activities** such as **pilates**, **muscle awakening**, **spinning** and **group dancing**. There is also a full-blown **open-air gym** with fitness machines of various types and several **Calisthenics facilities** on the beach and in the green areas of the city to practice outdoor fitness. Across the coast there are **beach volley, basketball** and **beach tennis** courts. From dawn to dusk many tourists do **Nordic walking** on the beach and some also do water Nordic walking, a new fun way to walk with walking poles. If you love golf, **Golf Club Lignano** is a must, an original 18 hole course over 70 hectares of very carefully looked after greens, a thrill for every golf playing level. On the other hand, skateboarding enthusiasts can skateboard on the ramps of the **Lignano Sabbiadoro Hub Park**.

For those who love the thrill of racing, in Precenicco, you will find the **Lignano Circuit**, a kart track where you can challenge your friends in complete safety!

Jogging by the Faro Rosso in Lignano Sabbiadoro

BIKE

Discovering Lignano and its lagoon zero impact

Leave your car behind and discover Lignano and its lagoon zero impact! Bicycle enthusiasts will find over **75 kilometres of itineraries** and **30 kilometres of cycle paths** marked on Google Maps that retrace the territory of **Lignano Sabbiadoro**. The cycle paths are well connected with the routes for cyclists in the nearby inland area.

The cycle path that runs along the perimeter of Lignano Sabbiadoro is easy and suitable for everyone: in just 20 kilometres, you can cycle along the estuary of the **Tagliamento River**, skirt the **seafront**, immerse yourself in the pines of the **marine forest** and overlook the **Marano lagoon**. Do not miss the **Belvedere Lungo laguna** panoramic point at sunset. A **bike sharing** service is active in the town and **e-bikes** and **push scooter** can be rented as can **fat sand bikes** which enable you to cycle on sand and water easily. **Cycle tourists** can admire the **Stella river landscapes**, the **magical lower Friuli forests**, visit the sites near **Palazzolo dello Stella** and **Latisana** as far as the **Marano** seaside village and its **Valle Canal Novo nature reserve**.

And for those who cannot decide between a boat trip and a cycle ride. A great solution is **boat&bike**: excursions that combine cycling and navigation sections with bike transport on board. Depending on availability bikes can also be transported on the **ferry boats linking Lignano with Marano** and there are also intermodal connections between Lignano and Grado. A cycle-passenger boat service is also available from Lignano to Bibione - **X-River** - which enables you to visit either on foot or by bike, easily and safely.

No borders by bike

Lignano and the area's lagoon villages are part of the international upper Adriatic cycle route called **AdriaBike**. Lignano is the stage par excellence on Via della Serenissima, the **AdriaBike** section linking Istria to Venice and its lagoon along the enchanting Friuli coast.

Panoramic point: Belvedere Trabucco

BOATING

A sailing paradise

From small boats to mega yachts, from catamarans to sailboats **Lignano Sabbiadoro** and the inland boast professional services and safe moorings just a stone's throw from one of the most suggestive seaside resorts of the **Northern Adriatic**!

Overlooking the Marano Lagoon and a stone's throw from the centre of Lignano Sabbiadoro are **Darsena Porto Vecchio** and **Marina Punta Faro**, equipped to accommodate maxi yachts. Moving towards the Lignano Riviera area on the bank of the evocative Tagliamento river are **Marina Uno** and **Marina Punta Verde**.

A short distance from Lignano Sabbiadoro is **Aprilia Marittima**, an important point of reference for boaters thanks to the offer of berths including **dry marinas** to experience your boat parked on land, the **marina resorts** full of comfort and many other dedicated services. Here you can also find the **Marina Resort Punta Gabbiani**, the **Darsena of Aprilia Marittima** and **Marina Capo Nord.**

Following the waters of the **Stella river** from the **Marano Lagoon**, you then reach **Marina Stella** in **Palazzolo dello Stella**, an oasis of peace immersed in the greenery of nature that includes an interesting tourist offer. In nearby **Precenicco** you can also rent **Houseboats**. They do not require a license and are perfect for a slow experience on the inland waterways of the lagoon.

Sailing along the lagoon and then moving towards the sea village of **Marano Lagunare** is the **Portomaran** docking point. Not far from Marano Lagunare is also the nautical centre of **San Giorgio di Nogaro** which offers numerous berths, quality services, ample storage spaces and equipped shipyards in the **Marina di San Giorgio**, the **Marina Sant'Andrea** and the **Marina Planais**.

All the docks have moorings intended for transit, with the possibility of mooring even at night, to set sail to discover the Adriatic coast, or for short daily excursions, for a food and wine stop in one of the many restaurants with waterbus stop or a slow sail on the lagoon. It is possible to cross the lagoon canal along the **Litoranea Veneta**, a commercial road of over one hundred kilometres that links Venice with the Isonzo river. Before starting a boat trip, it is advisable to check the navigability status of the canals in relation to the boat used.

River Stella Mouth

NATURE

Lagoon wellness

For those looking to get away from everyday stress, **Marano lagoon** is truly a wellness oasis: situated between the last Lignano Sabbiadoro coastal point and the Grado lagoon, this portion of land is a fantastic small village with marsh land vegetation hosting birds and a unique flora of great interest. At your own individual pace, choose the experience for you and explore the silence of the magical lagoon landscape: from organised trips on motorboats, excursions through the reeds in SUP, kayak, canoe or on your own, renting a boat. Within the lagoon there are opportunities for **fishing tourism**, spending a day with local fishermen who will introduce you to the lagoon environment for an authentic fishing experience.

A slow placed trip through fishing valleys

Within the lagoon landscape, you can also find the characteristic **fishing valleys** where it is possible to practice sport fishing, participate in tastings of local products, stay in sustainable accommodation facilities, approach horse riding, or participate in the workshops organized to discover the territory even by bicycle.

An oasis of peace and tradition

With its extremely delicate natural equilibrium, the lagoon is safeguarded by certain nature reserves. Available for visits only by sea, the **Foci dello Stella Regional Nature Reserve** covers the whole of this river and is a true **birdwatching** and **nature photography** paradise. On the reed beds along the bed of the river Western marsh harriers, mute swans and purple, grey and white herons and many other birds live. Navigating within the reserve means authentic experiences such as a visit to the "**casoni**", characteristic marsh cane buildings once used as homes by fishermen living in the lagoon or making contact with historic local traditions well rooted in the area such as **river fishing from stilt fishing** nets actioned by electric engines (once hand worked). Accessible on foot from Marano Lagunare, the **Valle Canal Novo Nature Reserve** is a visitors' centre derived from a former fishing valley equipped with walkways winding through the lagoon and characteristic huts for birdwatching. There is also an aquarium inside one of these birdwatching observatories which illustrates the coastal species which proliferate in the lagoon including the guest of honour, for children, the cute sea horse.

Valle Canal Novo natural Reserve

An island at the end of the world

The islands and islets which protect the lagoon from open sea currents are worth a visit. A veritable pristine paradise with a long, silent beach, the **Isola di Martignano**, also called **Isola delle Conchiglie** feels otherworldly. It is also a favourite with kite surfers who have fun doing water acrobatics on windy days. Easily accessible from Faro Rosso di Lignano Sabbiadoro, too, the **Isola delle Conchiglie** is also much loved by SUP and canoe lovers and is great for a sailboat or motorboat trip starting directly from the beach.

Lower Friuli's Plain woods

In the areas of Muzzana del Turgnano, Carlino, Precenicco, Palazzolo dello Stella and Castions di Strada there is an immense 500 hectare forest which goes by the name of **Plain woods** but is popularly called "wolf forest", after the animals who once found their ideal habitat precisely under these trees. The forest can also be visited by bike thanks to a cycle track cutting right through it. Fine white truffles grow in these plains forests.

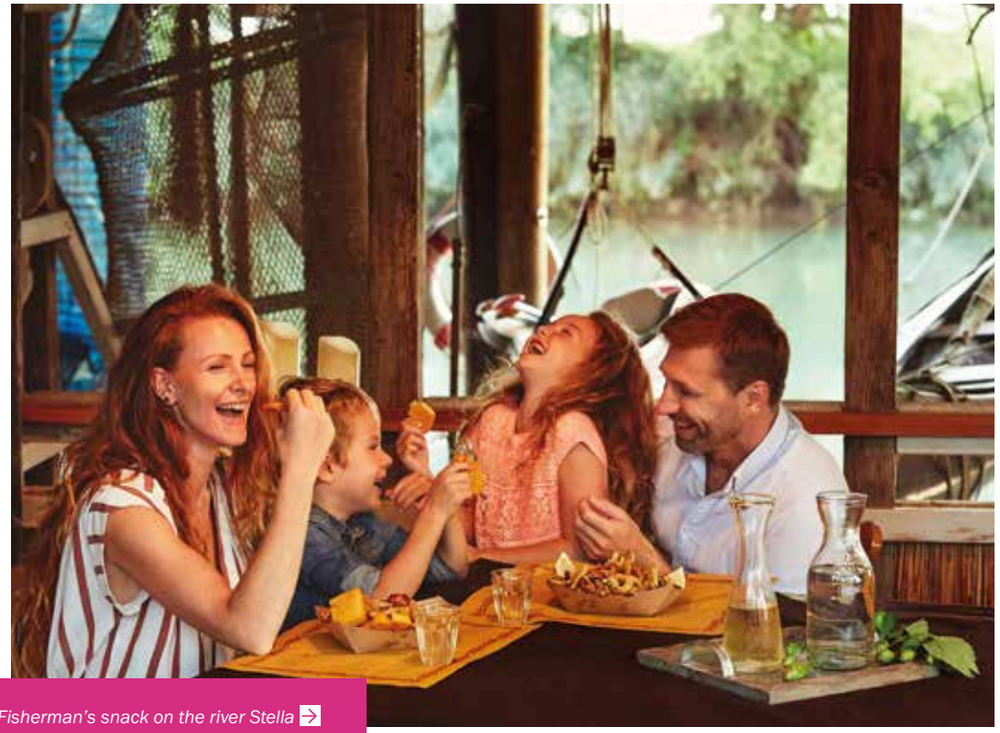
Isola delle Conchiglie

TASTE

Delicacies from the sea

A pre-dinner drink with finger food, a romantic sea view dinner, a gourmet meal or a glamorous post-dinner drink: Lignano has culinary and oenological delights to satisfy even the most demanding! Tickle your palate with fish from nearby Marano lagoon as part of menus in which traditional seafood dishes alternate with dishes for children or those with special dietary needs. And a Friulian wine to accompany dinner is a must, too, true centre stage player and a characteristic local speciality of undoubted excellence in global terms. ***Bisato in speo***, i.e. spit roast eel, Marano-style fish soup, ***sarde in saor***, namely anchovies marinated in sweet pickled onions, ***sievoli sotto sal***, grey mullet conserved in salt: a full blown authentic flavour experience. The fish includes cockles, mullet, bass, gilt head bream, eels, cuttlefish, squid and oily fish. Lagoon water game is also on offer in Pocenia. There are a great many chances to try out local products in the lagoon itself, opting for a motorboat trip or tours combining visits to the inland cultural attractions with stops at the wine and flavour road cellars. There are also many food and wine events serving traditional menus where you can try out local dishes and rub shoulders with locals for a genuine culinary experience.

Festa delle Cape, a traditional Lignano festival offers fresh fish, like clams, gathered by fishermen. Still on the fish theme, there is the not-to-be-missed ***Fasolari e Peverase in Festa*** held in in August in Marano, where tasting a dish is a must.



Fisherman's snack on the river Stella

CULTURE

Lignano, the Twentieth century town

Lignano's history is a very recent one: a stroll through Sabbiadoro gives you the chance to admire some early 20th century architecture while Pineta, the snail shaped "lagoon city" built by Marcello D'Olivo dates to the 1950s. **More than 90 villas of the 20th century** of great architectural interest reflect the history of the location. The mosaics along the Kechler seafront promenade in Pineta were the work of the **Scuola Mosaicisti of Spilimbergo** and have generated a veritable open air art school over the years. Lignano can count two great international literary names among its admirers. The first is **Ernest Hemingway** who visited in 1954 and was struck by the town planning work under way, understanding its tourist potential and forecasting a future for it as the "Italian Florida". A few years later, for **Giorgio Scerbanenco**, the famous thriller writer of Ukrainian origin, Lignano was a source of inspiration for novels such as "Al mare con la ragazza" and "La sabbia non ricorda".

A stone's throw away from the sea

Set on the left bank of the Tagliamento river, just a few kilometres from the sea, **Latisana**, which can also be reached from Lignano by bike, thanks to the connection with cycle paths. The village was founded in Roman times as a post station on Via Annia and is known today for the agricultural and wine estates in and around it as well as for a lively weekly market. Nearby is **Precenicco**, a farming area with direct sales outlets and accommodation. In neighbouring **Palazzolo dello Stella** one building in particular attracts tourist attention: its Marinaretto whose shape resembles that of a river boat. The area is packed with natural resources: the river is navigable as far as Rivarotta and north of here canoes and small boats can discover the local bird life and historic traditions such as stilt hut fishing. **The Ariis aquarium** is also worth a visit as a freshwater museum which hosts the fish species living in Friuli Venezia Giulia's river ecosystem.

History enthusiasts can relive the ancient Route of the Patriarchs by boat, accompanied by an expert guide who will lead visitors to the UNESCO city of **Aquileia**.

Palazzolo dello Stella

Marano Lagunare

A corner of the venetian Serenissima Republic on the Friuli Coast: Marano Lagunare

Part of the Venetian Republic for almost 400 years, **Marano Lagunare** seaside historic village is very proud of its past, a past which is reflected by its mazes of colourful alleys and squares and its well preserved Venetian dialect. Heart of the village is **Piazza Vittorio Emanuele II**, a veritable symphony of harmonious lines, decorative historic townhouses, busts, ornamental details, 16th century wells and the top class **Torre Millenaria** location, Marano's bell tower visible from the lagoon. The **lagoon's Archaeology Museum** tells of the town's Roman past with its various Roman and pre-Roman era finds, most of which were found at sea by local fishermen. The bond with fishing is still a deeply felt one, representing one of its main sources of income and making it the ideal place to taste fish specialities and traditional dishes in general or to buy seafood from the fishermen's boats themselves. The town holds many feast days in summer such as the traditional **San Vito** religious festival honouring the saint. Every three years the town's Madonna della Salute statue is transported along the lagoon in a slow paced, popular procession and for the occasion the village is decked out with illuminated arches, devotional altars and food and wine kiosks where local fish can be tasted.

Veneto architecture at Villa Manin

In Passariano di Codroipo, **Villa Manin** is a large Veneto style villa, once the residence of the powerful family it is named after but now a prestigious exhibition space hosting international level exhibitions. It is also known for having hosted Napoleon Bonaparte for several months when he engaged in negotiations with Austria here, leading to the signing of the Campoformido Treaty in 1797. The park surrounding it is also notable with its English garden available for visits all year as well. Just a few kilometres from Villa Manin, Rivolto is the logistics base of the **Frecce Tricolori**, the **legendary national air acrobatics fleet** which trains daily in the region's skies.

Villa Manin

GRADO
AND SURROUNDINGS

The wellness island

It is known as **Isola del Sole** – “sun island” - for its eight kilometres of beach all south facing and thus sunny throughout the day and also because its unique microclimate means that it is always warm. But there are other reasons to stay here, too: **Grado** is famous for the iodine the air is so full of, for its thalassotherapy and the beneficial effects of its sand; for its picturesque Venetian style **historic centre**, a maze of alleys called “calli” and small squares together with remains of Roman era and paleo-Christian buildings; for its trattorias offering the coast’s food and wine specialities and prestigious wines from the inland areas; for the events which bring its summer to life and offer opportunities for entertainment for everyone, the young, the not-so-young and families. Not to be missed is a walk through the alleys of the old town to discover the **craft shops**. The traditions binding the people of Grado to their waters is centuries’ long and rich and can still be felt in its many fishing related trades. Fulcrum of this activity is **Porto Mandracchio**, the town’s true beating heart, and one of Grado’s four tourist ports equipped with berths destined for transit and moorings, including at night, linking the town to other marinas along the coast.

With a **Blue Flag** record, Grado's shoreline is well organised and equipped guaranteeing relaxation and fun for adults and children whilst an efficient network of cycle tracks allows for pleasant excursions on the mainland. Grado is the final stage on the **Alpe Adria Radweg cycle track** and a stage on the **Adriabike cycle itinerary**, two of Europe's most attractive cross-border cycle tracks. Its many special services make Grado a holiday destination for the disabled and those with specific needs, too: the availability of JOB seats and special walkways on the beaches, lagoon motorboat trips, accessible nature reserves and areas, opportunities for sailing and other sports. Grado is worth a visit at various periods of the year thanks to diversified facilities, the proximity of important cultural and historic centres such as **Palmanova** and **Aquileia**, a land packed with food and wine excellences like **Collio** and nature areas of rare beauty.

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Main Beach in Grado

BEACHES

A sunny beach

A mini paradise encircled by the sea and its lagoon, the natural characteristics of Grado's eight kilometres of beach offer something for everyone. Shallow water getting gradually deeper and calm, clean waters awarded **Blue** and **Green Flags** by paediatricians are an ideal safe play environment for children making for relaxed, worry-free parents. Cafés along the beach and a wide range of water sports and open air activities make Grado the ideal place for young people, too, whilst oases of comfort and relaxation zones are the ideal choice for those seeking peace and quiet and wellness.

Overview of Grado

Known by locals as the "old beach", **Costa Azzurra** is the peninsula's westernmost beach, named "the azure coast" for its unique beauty. Access to it is free although there are beach facilities within it where you can rent sunbeds, deckchairs and umbrellas. **Play parks on the beach but also in adjacent green areas, beach volley and five-a-side football and a packed entertainment programme** make this section of beach especially suitable for families, too. Additionally, at the historic **Costa Azzurra** beach SUP, windsurfing, skateboarding, swimming and slacklining are also possible with the help of qualified and professional sports instructors. One of the most evocative points of the town is certainly "la **Diga**" or **Lungomare Nazario Sauro**, the promenade which links the **Costa Azzurra** beach with the **main beach** and its many restaurants ideal for a relaxing break by day and a romantic dinner by night. Almost three kilometres long, **Grado's main beach** cuts right through the "**garden city**" and is rimmed with greenery behind the beach which, together with its clean sea, makes this lido an oasis set in nature just a stone's throw away from the historic town centre. The **main beach** is fee paying with guarded entrances making it especially suitable for families, guaranteeing safety and special services for children such as play areas, green zones and sports courts. There are many organised activities and entertainments. Designed with families with children in mind, at **Baby Beach** facility the sun umbrellas are larger than average and baby bottle heaters and gazebos with nappy changing stations are available. Equipped to make all its visitors happy the **main beach** also has comfortable VIP zones such as the **Settimo Cielo** area and the renovated **Bagno Imperiale**, since 1892, for a clientele which expects the best, offering exclusive services and large spaces to enjoy the ultimate in relaxation in. Isola del Sole has not forgotten the four legged friends of its visitors either, with Lido di Fido, a section of beach equipped for pets. For those wanting to sunbathe right in the sea the **main beach** has set up two "**Springinsel**" beach rafts accessible for swimming, relaxation or the most acrobatic dive competitions. There are also the "**Pennelli**" along the beach, brick quays stretching out into the sea from which you can drop directly into deep water to begin your swim offshore. The **main beach** also offers cafés and restaurants for snacks and seafood dishes or a relaxing pre-dinner drink after a day at the beach. The main beach at Grado Pineta stretches along a large forested area with a free beach in front of it, **Al Bosco**, a quiet area beloved of families wanting a little shade in the hottest hours of the day or a quiet picnic spot. There is a small island, l'isola Sacca dei Moreri right in front of this section of beach which families wanting a swim in its pristine waters can get to on foot and where the sporty can do **kitesurfing** even during summer. Linked to the town via a cycle track, **Grado Pineta** beach is perfect for a quiet family holiday a stone's throw away from a green area and for young people wanting a pre-dinner drink along the beach. The area is also equipped for dogs. Over recent years the Pineta beach has become very popular with kite surfers from all over Europe who gather at every breath of wind to launch into spectacular, colourful twists and turns in the air.

Costa Azzurra Beach in Grado

Canoeing in Grado

Grado's water park

FAMILY

A child-friendly town

There are many pedestrian and play areas in town where children can run around freely and play in total safety. In **Parco delle Rose**, behind the main beach, there are shady areas for relief during the hottest periods and a shady stroll through shore pines. It is also linked by a network of cycle tracks which are an easy way of moving around, allowing visitors to leave their cars behind for the whole holiday. Accommodation facilities pay special attention to families: hotels, camp sites and resorts offer large, spacious rooms, child-friendly restaurants and play areas and the best equipped also offer entertainment programmes. Beach-side restaurants and kiosks are also equipped for children with special menus, child seats and entertainment.

Grado's beach

FAMILY

Beach entertainment

Right on the beach and with qualified staff to help, you can do a range of water sports and activities here such as **SUP**, **swimming**, **slacklining**, **parkour** and **skateboarding** and there are also **volleyball**, **basketball and five-a-side football courts** for a fun game with friends. Full-blown summer multi-sport facilities on the shore keep kids busy throughout the day and introduce them to a range of sports. The entertainment programme is a varied one, all the way along the coast, designed to entertain kids during their days on the beach while parents relax in the sun. The various initiatives designed for children also include **workshops organised right on the beach** which keep kids entertained with constructive activities under the sun umbrellas. For those who love diving and water slides, a not-to-be-missed opportunity is **Grado's water park**: with its games for children and large seawater pool equipped with jacuzzi baths and underwater benches, it is truly the ideal place for a day of fun and wellness.

OUTDOOR

Never bored on the beach

For those who prefer an active holiday, Grado offers several possibilities to practice sports independently or with qualified instructors. There are numerous proposals for keeping fit on the beach: from **yoga** at sunrise or sunset to **fitness courses**, **walks**, or **jogging** by the sea.

On the crest of a wave

For the fittest the island and the area around it lends itself ideally to **SUP** and **kayaking** alone or with instructors for a pristine nature experience and a chance to commune with the lagoon's silence, at full moon, sunset or by day. During the summer **sailing courses** are organised for children and sailing trips for adults at weekends. Shallow waters, constant and predictable winds and a calm sea make **Grado** a particularly popular destination, even in the low season or in the winter months, to practice wind sports such as **kitesurfing** and **windsurfing**. The **Islet in Sacca dei Moreri** and **Punta Barbacale** near **Grado Pineta** are par excellence, both characterized by extensive spaces that favour take-offs and landings even for amateurs. Even children can ride the waves using smaller and easier to manoeuvre kites!

Always active in Grado

The location of **Grado golf club** is extremely attractive: the 18 hole course overlooks the lagoon, covering over 60 hectares of land in the midst of dense reed beds which are a natural habitat for herons, wild geese, flamingos and other birds typical of the lagoon environment. The Golf Club of Grado is part of the **Golfing network in Friuli Venezia Giulia**. Tennis and padel enthusiasts can also cultivate their passion in the well-equipped **Tennis Club of Grado**.

Yoga at the Costa Azzurra Beach

BIKE

A cyclist-friendly town

Grado is one of the best cycling towns in Europe according to FIAB (Federazione Italiana Amici della Bicicletta) which assigned it 5 “bike smiles”. The Grado area is served by a **capillary network of cycle tracks** some of which are especially spectacular. Try, for example, the cycle track along Canale della Schiusa in the late afternoon for a thrilling sunset or cycle to the **Valle Cavanata Nature Reserve** where from the observatories, you can admire the pink flamingos that colour the lagoon.

From the city of Grado, there are several cycle paths to discover the most fascinating places near Grado, full of naturalistic, landscape, artistic and archaeological peculiarities. such as the route which links Grado to the historic centre of **Aquileia**. This path offers beautiful views of the lagoon and the **Barbana sanctuary** from the cross-lagoon bridge linking Grado with the mainland through rural Aquileia landscapes, and the historic Belvedere village. Wine enthusiasts should not miss out on the cycle routes connecting Grado with the **Collio area**, renowned for its prestigious wine cellars and a perfect stop for bike tours.

The **bike-sharing** service that offers rental bicycles available in Grado and its surrounding areas is just a click away with a mobile application. There is no shortage of guided bike tours to discover the area on two wheels!

Pedalling cross the border

The panoramic stage linking Grado with Monfalcone is part of the **Adria Bike** cross border upper Adriatic cycle route. This stage cuts through various coastal environments packed with birds such as **Valle Cavanata Nature Reserve and Isola della Cona**, all the way to the Adriatic coast. The Grado lagoon is also the final stage on the **cycle route Alpe Adria Radweg**, the best cycling track in Europe with its 425 kilometres of wonderful mountain, hill and lagoon landscapes. Delightful villages, natural monuments, interesting tourist attractions and magnificent landscapes accompany cycling tourists along the whole route all the way to the natural spectacle of the Grado landscape. The mild upper Adriatic climate makes the cycle track doable almost all year long. For the less fit, sections of this circuit **make use of intermodal services linking Lignano Sabbiadoro, Grado and Trieste** enabling bicycles to be transported.

Sunset at the “Diga” Promenade

Bike excursions in Grado

BOATING

Marinas and quays

Grado has four tourist ports to choose from: **Darsena Navigare 2000**, 100 metres from Porto Mandracchio, for those preferring the comfort and proximity of the historic centre, **Darsena San Marco** and **Porto San Vito** equipped for boat storage and all services required by boat owners in the town and **Marina Primero**, linked with a panoramic cycle track to Grado centre. Finally, completing Grado's ample yachting provision, nearby **Marina Aquileia** to the south of the town, is linked to the open sea via the Natissa river. All the harbours have moorings destined for transit, including at night. The tourist ports are ideal hubs for a journey in discovery of the Adriatic coast, or brief day excursions for a swim with a view of Grado, a food and wine trip to one of the many restaurants with moorings, a slow paced sail around the lagoon or a trip along the coast exploring the area's cultural and natural beauties, docking at one of the coast's over 23 marinas. If you come to Grado in your own boat you can also moor directly at Mandraccio port in the midst of fishing boats. It is adjacent to the historic centre and one of the area's most attractive and characteristic places.

Grado, overview

WELLNESS

The coastal spa baths

The Isola del Sole's wellness facilities are completed by the **Grado spa baths**. After rediscovering peace and quiet in the lagoon's natural oases, taking a reinvigorating swim in the Adriatic Sea's salt waters and experiencing the benefits of the sun's rays, look after your body in this spa bath facility located right in front of the sea. Built during the Austro-Hungarian Empire period, the **Marine Thermal Baths of Grado** are still today, in their renovated form, a paradise for those wanting a break from everyday stress to take time out to look after their mental and physical wellbeing.
The facilities include thalassotherapy treatments exploiting the beneficial powers of the marine climate and the high iodine content in the air to rebalance their bodies. Designed to foster bodily wellness and with great curative powers, hydrotherapy treatments such as baths, aerosol, inhalations, heliotherapy and sand therapy, a type of sand bath therapy with a long tradition, are available. Supplementing these, there are two seawater pools equipped with jacuzzi baths and a wellness centre where you can choose from a wide range of treatments and massages. In addition to the spa baths, Grado town also has **wellness centres** and **spas** in some of its hotels where you can treat yourself to saunas, beauty treatments, massages and wellness programmes.

Marine Thermal Baths of Grado

NATURE

Explore the lagoon

The natural lagoon backdrop to Grado town, is cut through lengthwise by Litoranea Veneta. A great many bird species inhabit this natural context, making the lagoon the ideal place for **birdwatching and nature photography**. Thanks to its complex and balanced system of wet zones, the lagoon offers a great many fishing valleys, lakes, ponds and canals regulated by sluice gates which keep water at optimal levels for fish breeding internally. Emblem of the area, the huts once occupied by fishermen and built with materials found in the lagoon, such as wooden posts, marsh reeds and straw, these can be visited by tourists in a range of organised excursions. The western part of the lagoon is larger and more packed with islands of which. This tract of coast is dotted with a great many small restaurants which you can get to on your own boat, by renting a boat, like **Portobuso - Anfora Island**, or on one of the many motorboat trips enabling you to spend the night in one of the lagoon's accommodation facilities.

Experience the lagoon

There are plenty of opportunities to find out more about the secrets and flavours of this lagoon paradise in an original way by making up your own itinerary. Such as itineraries custom designed for **boat cyclists** combining a pleasant cycle through the forests, villages and attractions of the inland areas with a beautiful motorboat trip through the lagoon and perhaps a refreshing swim. For those preferring something slower paced and quieter there are plenty of ways to explore the lagoon in **SUP**, **kayak** or **canoe** either independently or accompanied by an expert guide.

Nature reserves

There are plenty of natural paradises within the Grado lagoon. The **Valle Cavanata Reserve** is equipped with a visitor centre, two covered observatories and a workshop for naturalistic learning. The reserve is reachable from Grado via attractive cycle tracks organised into specific itineraries enabling visitors to observe a range of aquatic birds in their natural habitats on sandbanks, hygrophilous woods and beaches. Eastwards, and outside the lagoon area strictly speaking, is **Foce dell'Isonzo – Isola della Cona Nature Reserve**, an ideal habitat for many animals and especially birds, both resident and migratory. White **Camargue Horses** also live free in the Reserve and are involved in excursions and approach activities. To discover the Reserve, you can choose one of the proposed routes, accompanied by ornithologists or take part in the Nature Bus, a sort of safari inside the reserve proposed in the summer.

Naturale Reserve Isola della Cona

Sarde in saor

TASTE

From sea to earth

The Grado dish par excellence is ***boreto***, a broth made with turbot or a mixture of fish accompanied by white polenta. Equally classic are ***sievuli soto sal***, i.e. grey mullet conserved in salt and ***sarduni in savor***, floured sardines fried and arranged in layers in a dish. ***Canoce*** are an exquisite starter consisting of mantis shrimps boiled and dressed with oil and lemon and ***moleche***, crabs in the period in which they shed their shells which are eaten fried. ***Zuppa di gò***, made of goby, a characteristic lake fish, is also a must. The local diet is supplemented by top quality fruit and vegetables from inland areas which are also sold in the area's small outlets. **Fossalon asparagus** and **Fiumicello peaches** are musts. **Santonego** is definitely a must to enjoy after a meal. It is a typical digestive drink based on marine wormwood: an aromatic seedling that grows in the Lagoon.

Taste excursions

A lagoon trip can easily be combined with a gastronomic break: in Porto Buso, Barbana, and Grado itself, small **restaurants with boat moorings** offer fish dishes and an organised trip can combine a visit to the Grado lagoon by motorboat or ferry with sophisticated and local dish tastings. But no Grado holiday is complete without a regional wine tasting trip: Friuli Venezia Giulia produces some of Europe's best white and excellent red wines every year. Taste the products directly in the wine cellars, such as those belonging to the **Strada del Vino e dei Sapori** (The Route of Wine and Flavours) that guarantee high-quality standards of hospitality. The range of terrains and climates has led to nine regional DOC, four extra regional DOC and five DOCG zones, being identified with the nearest to Grado being Aquileia DOC where wine making traditions are as old as the town itself.

Grado, old town

CULTURE

Grado: in the footsteps of the ancient Romans and the venetian Patriarchs

Of Roman origin, **Grado** (***gradus***, port) was founded in the 2nd century AD as a fishing village and, subsequently, as a port for ships that sailed up the course of the Natissa river towards Aquileia. Its **castrum** was built in the 4th century and people from inland areas took refuge there from Barbarian attacks as did the Aquileia bishops and the patriarch himself, who moved his seat there from Venice. The patriarch's return to Venice in 1451 ushered in difficult times for the island marked by many wars, until 1797 when it passed to Austria before becoming Italian once again at the end of **World War One**. It is said that the "first shot" of the bloody conflict between Italians and Austro-Hungarians took place in the Grado Lagoon: Zeffiro of the Italian Royal Navy launched a torpedo in the enemy camp.

The perfect place to start a walk around the town is certainly its Venetian style historic centre, a maze of picturesque alleys and courtyards overlooked by colourful fishermen's houses. **Campo dei Patriarchi** was the fulcrum of the late Roman period with its **Basilica di Sant'Eufemia**, the Aquileia patriarch's cathedral for more than eight centuries with its precious **Tesoro del Lapidario della Basilica** treasures. To the south side stands the medieval brick bell tower topped by the unmistakable angel (the anzolo), almost three metres high, a Venetian gift and today, a symbol of the entire community of Grado. A further masterpiece to be visited in Grado is **Basilica di Santa Maria delle Grazie**, local religious destination built in the 4th century in Paleo-Christian style, with its altar, holy water font and Madonna delle Grazie wooden statue. Another must is Piazza Biagio Marin, named after this great poet and lagoon bard who was born right here in Grado in 1891. Once again in **Piazza Marin**, long glass walkways take visitors to **Basilica della Corte** with its sarcophagi and what remains of the building's walls, unearthed in 1902 when the square was renovated. Tourists have access to guided tours in the city with tastings and **walking tours** to discover the artisan shops that dot the historic centre and the ancient crafts.

CULTURE

Grado and the pilgrimage routes

Grado also plays an important part in the context of the pilgrimage routes which took pilgrims along historic religious and trading routes at a slow pace and with rucksacks on their backs. The **Isola di Barbana sanctuary** is the "prologue" to **Cammino Celeste**, the over 200-kilometre route which links Grado with Aquileia, in its Italian section, fulcrum of the dissemination of Christianity in Europe, with Santuario del Monte Lussari, in Tarvisio. The **Island of Barbana** has been home to an ancient Marian Sanctuary for about 1500 years and is permanently inhabited by a community of Benedictine friars. Every year the island is the destination of the "***Perdòn di Barbana***", an ancient pilgrimage and religious event that includes a procession of boats from the centre of Grado to Barbana.

Aquileia: finding out about the ancient romans

The area near Grado conserves an exceptional heritage made up of many towns worth visiting. The first is Aquileia, the Roman Empire's ninth city and Italy's fourth in population and importance terms. It had a theatre, an amphitheatre and a circus as well as its fundamentally important civic buildings. A visit to the Aquileia UNESCO site, cannot miss out its imposing **Basilica di Santa Maria Assunta** with its tall bell tower dating to the year 1000. But the true gems are inside the Basilica: its magnificent mosaic floor, its frescoed crypt and the excavation crypt. The **Baptistery**, **Südhalle** and **archaeology area** in the former Roman forum, the **Domus of Tito Macro** and river port area are also musts. The just renovated **Museo Archeologico Nazionale** tells visitors the history of this ultra-rich and splendid city with its wealth of precious finds. There is an extensive range of themed guided tours to discover Aquileia. The **FVGcardAquileia** offers discounts and free entrances.

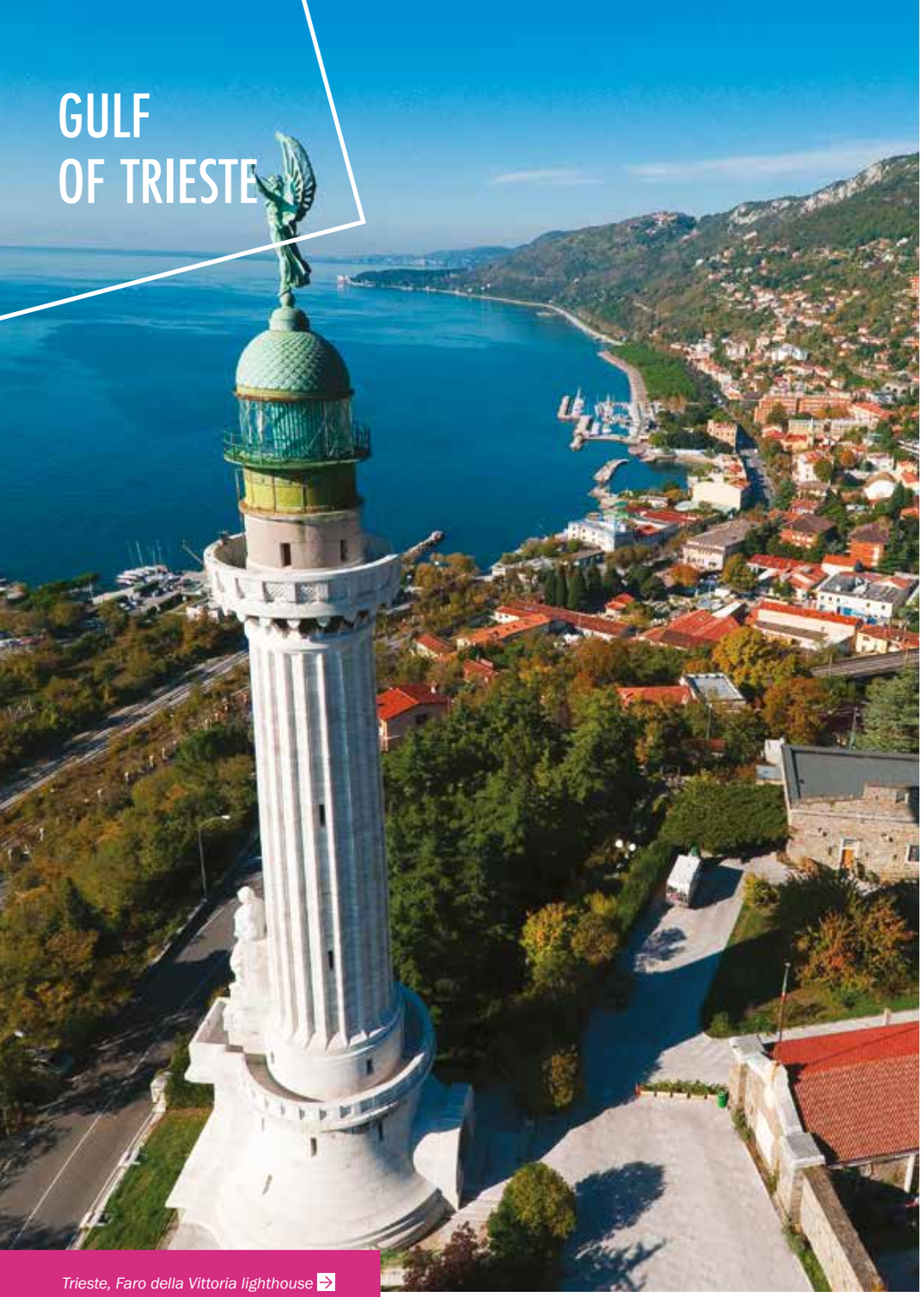
Unesco sites, culture routes and the "Borghi più belli d'Italia" towns

A short journey along the ancient cardus maximus from Aquileia takes you to **Palmanova**, the fortress city masterpiece of Venetian military architecture with its nine-pointed star shape designed to defend the region's borders from the Turks.

The Palmanova fortress is a UNESCO heritage site and part of the Borghi Più Belli d'Italia beautiful Italian towns network and can be visited on cycle-pedestrian tracks and tunnels. **Parco Storico dei Bastioni** is a chance to visit the Gallerie Veneziane on cycle and pedestrian only routes and tunnels. Not far away and also worth a visit is **Strassoldo**, a rare example of an ancient medieval village, well preserved and of rare charm. The midway point is **Torviscosa**, a factory town built in the 1930s. It is part of the ATRIUM network, the European cultural route devoted to the architectural traces of the 20th century's totalitarian regimes. Nearby is **Aiello del Friuli**, the **town of meridians**.

Aquileia

GULF OF TRIESTE



Trieste, Faro della Vittoria lighthouse

A sea of experiences on the Gulf of Trieste

Stretching out into the water without breaking off from the land, balanced between its austere rocky coast and the Adriatic's intense blues, Trieste is the **seaside city** par excellence. It is a sea which washes a great many beaches scattered along the coast of the **Gulf of Trieste**, offering relaxation and fun for families and can be visited in SUP, canoe and kayak for unique, exciting experiences which attract the sailing world every year with the now traditional **Barcolana** autumn regatta. With Trieste's historic cafés, art, architecture and wide variety of museums, the Gulf of Trieste is truly the ideal destination for those wanting to combine culture with a relaxing seaside holiday. There are plenty of other opportunities for an authentic experience in the midst of pristine nature: a cycle ride along the Napoleonica panoramic road exploring the evocative landscape of **Falesie di Duino Nature Reserve**, snorkelling in the **Miramare Biosphere Reserve** seas or a hike through the severe, rocky landscape of **Val Rosandra**, dominated by its luminous limestone outcrop and red sumac and much more. Together with marinas dotting the gulf's coastline, Trieste is also a harbour and long distance transit point making it a melting pot of people and ideas and an innovation incubator. Its prestigious internationally important scientific and research institutes and many educational institutions have qualified Trieste as an important centre for science. Trieste's meeting industry has been supplemented by a new **congress centre TCC** (Trieste Convention Center), the ideal place for anyone looking for a multi-function space at the meeting point between eastern and western European. The wide range of culinary specialities for visitors to try is also the exciting outcome of a blend of cultures, traditions and influences from the sea around the gulf. From fish cooked to traditional recipes to a variety of meat and legume dishes and agricultural produce and local wines, the food and wine of the Gulf of Trieste is an interesting and novel one.

For the people of the gulf of Trieste a day at the seaside does not simply mean a relaxing break from a stressful daily routine but a habit deeply rooted in local culture, a full-blown lifestyle. At lunch time, after work or at the weekend, the people of Trieste head off to the beach and if they don't have time they find it! Don't be surprised to see local people walking through Trieste city centre in flip-flops with a beach bag. They're probably on their way to catch a bus to the nearest beach. The irresistible call of the sea which washes its over 15 kilometres of shore linking the ***Marina Julia*** *and* ***Muggia beaches*** *is something which tourists choosing Trieste notice right away. Amidst solitary bays, pebble beaches, many coves and cliffs, just choose where you want to stretch out in the sun and soak up the beneficial effects of the sea.*

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Duino Castle from the Coast

Windspot Marina Julia

BEACHES

Marina Julia beach: a kitesurf paradise

Marina Julia beach, equipped with bars, kiosks, sun umbrellas, sun loungers, showers and beach huts, is the ideal place for visitors wanting to relax and one of the best middle-lower Adriatic beaches for **kitesurfers**. Twelve months a year, Marina Julia welcomes enthusiasts of wind sports, such as **kitesurfing** and **windsurfing**. Regular winds, spacious take-off and landing areas, professional instructors make the **Marina Julia Windspot** ideal to satisfy both professionals and those approaching these disciplines for the first time. For those who prefer a slow alternative, the beach offers Stand Up Paddle rentals and courses. Within this lido there is also an area for tourists accompanied by their **four legged friends** with dog-friendly showers and sunbeds, personal bowls, a specialist shop and a fenced off area in which dogs can run free equipped with games and agility instruments. From Marina Julia, walking along the embankment shaded by shrubs, you will reach the free beach of **Marina Nova**: an islet connected to the mainland by an embankment that runs along the coast. Near the beach, you can rent canoes and small boats to treat yourself to a pleasant excursion along the coast.

Sup in Sistiana bay

BEACHES

Sistiana bay: relaxation and luxury

In the Sistiana bay there is a large sun-kissed pebble beach washed by a crystal clear emerald sea equipped with historic bath houses with all facilities such as beach huts, umbrella spaces and showers and changing rooms. The young and sporty can play **beach volley** and **beach soccer** and **go diving.** The area is suitable for families with children, too, with its shady area in the midst of the park's monumental trees, sandy areas set aside as **play areas** and **entertainment activities**. For those looking for a five star beach, an exclusive area is a must and here it is equipped with jacuzzi baths, large sun umbrellas and comfortable sunbeds, private areas, terraces, bars and restaurants offering meals and drinks under the umbrellas.

Deep in nature

A long road cuts through Trieste's coastline from which a multitude of steep footpaths branch off to bays of various sizes with free beaches on which to enjoy crystal clear seas, white pebble beaches and a pristine verdant Mediterranean maquis landscape. Of these it is **Canovella de' Zoppoli** which stands out, a large beach alongside Aurisina port: the effort involved in its long flight of steps is amply rewarded by the beauty of the site. Those who love to sunbathe in total freedom can choose between the nudist **Filtri** beach, the wild **Costa dei Barbari** facilities or hidden **Liburnia**.

Sistiana bay

BEACHES

Beaches from Miramare to the city

Right below Miramare castle, **Grignano bay** has equipped beach facilities for sunbathing in total comfort. There are a number of especially characteristic historic paved beach facilities between Grignano and Trieste city including the ten concrete terraces overlooking the sea, "**i topolini**", whose shape resembles Walt Disney's Mickey Mouse when seen from above. **Lanterna** is also an icon of the Trieste coast and called "pedocin" by locals. Men and women sunbathe separately on it, separated by a wall and access requires a ticket which needs to be stamped, just like on the bus. There's also **Pineta di Barcola**, a green oasis over the sea, just a stone's throw from the city, also equipped with a fitness area where sunbathing can alternate with relaxing in the shade of the trees. Adjacent to the city there are also modern beach facilities with all comforts such as swimming pool, diving trampolines, solariums, restaurants and massage areas.

Continuing to Muggia

The **Muggia** seaside stretches as far as Lazzaretto and is dotted with free beaches and a number of beach facilities suitable for sunbathing and swimming in the crystal clear waters of the sea which gently washes the coast, whilst admiring the splendid panorama which opens up over the Gulf of Trieste. In an area between Punta Sottile and Punta Olmi, a stretch of coast is equipped with play areas, benches, and sports facilities.

Discovering the marine world

There are many opportunities in the Gulf of Trieste to spend some quality time with your family and explore the area. For those who love the sea and the seabed a visit to **Miramare Marina Nature Reserve** is a must, a place where you can practice the seawatching. The reserve also contains **Biodiversitario Marino BioMa**, a total experience museum which offers visitors the chance to follow an underwater journey exploring the Gulf of Trieste's marine peculiarities. In the immersive museum children and their parents can take part in a treasure hunt for the reserve's hidden treasures guided by fun paper guides designed to narrate the peculiarities of the marine world in a fun way with interactive games, quizzes and riddles.

Having fun with mum and dad

For a day of water fun **Marina Julia's water park** is a must - sports in the Olympic size swimming pool and having fun with water games and slides are the order of the day here. The view of the Gulf of Trieste right from the sea is a special one: use the ferry services linking Trieste with Muggia or the other seaside locations and enjoy a special view of its bays, Miramare and Duino castle and the reserves along the coast from it.

Diving at the Sistiana Bay

Exploring with mum and dad

Mini scientists in training will be fascinated by Trieste's **Science Centre Immaginario Scientifico**, an innovative science museum featuring interactive itineraries, multivision and fascinating visits to the planetarium and laboratories. To encourage experimentation, the by word here is "NOT touching forbidden!". Children will be amazed by the skeleton of the **Hadrosaurus Antonio**, found in 1994 in the fishermen's village and preserved today in the **Civic Museum of Natural History of Trieste**!

In search of new adventures

For little explorers in search of new adventures, a must is a visit to **Grotta Gigante**, one of the world's largest grottoes open to visitors, where visitors go down 500 steps and play at guessing the names of the natural stalagmite and stalactite sculptures which have formed there and are constantly changing. The grotto has a visitors' centre with a multimedia room, an educational centre and a Scientific Speleology Museum. Smaller, but known for its incredible richness of formations, is the cave **Grotta di Slivia** one of the wonders of the Trieste Carso. The outer part of the grotto can also be visited on board an agribus, a tractor accompanying tourists in their explorations of its dolines, limestone pavements and stone quarries used for local agriculture and the economy.

The cave "Grotta Gigante"

OUTDOOR

Sea, wind and freedom

If you love sport and open air activities in dream like contexts the Gulf of Trieste is the right place for you. The water sport opportunities here are varied and stimulating: kitesurfing and windsurfing courses on the Maria Julia lidos, SUP and canoe excursions with **Miramare** and Duino castles as a backdrop, exploring the seabed with seawatching in the **Miramare Marina Nature Reserve**. And the romantically inclined can try out a **sailboat** at sunset experience admiring the sun disappearing along the rocky profile of the gulf's coast or riding the waves with their **windsurfs**. For children and young people wanting to try sailing, symbol of the Gulf of Trieste, there are schools with professional instructors. Those who love fishing will not want to miss out on the fishing tourism experience accompanied by local fishermen who take you on an exploration of mussels farms.
An experience to try is **climbing** on the white cliffs, along the Napoleonic road, overlooking the Gulf of Trieste: the clinking of hooks and ropes will mingle with the sound of the sea and sails!

Sail in Sistiana Bay

OUTDOOR

On foot across three nations: the Alpe Adria Trail

The **Alpe Adria Trail** cuts through the footpaths of the Trieste Carso as far as Muggia. It is 750 kilometres long and split into 43 stages, each of which is 20 kilometres long, and it can be done in either direction depending on which country you want to start in, your fitness and the kilometres you want to do. Along the route you can follow the specially created footpath signs and use information services and the accommodation set up.

Rilke Route, Alpe Adria Trail

Golf Club Trieste

OUTDOOR

The pleasure of walking

Those who love the slow pace of walking the Trieste Carso is packed with footpaths of various lengths and difficulty levels. One of the best known is the **panoramic Salvia route** which links Santa Croce in Aurisina with Slovenia, across the karstic ridge surrounded by the aromatic domestic sage plants which proliferate in the area or **Sentiero Natura**, a spectacular natural link between the karstic high plateau and the Adriatic sea, between the towns of Contovello-Prosecco and the Miramare promontory. **The routes of the Great War** winding through the Carso are also interesting and take visitors on a 20th century history journey, like the Monte Ermada footpath or the Parco 97 area near Prosecco. Known for its wonderful panoramas, **Strada Napoleonica** links Opicina with Prosecco on a straightforward path which is also accessible to bikes and suitable for families with children and prams.

The panoramic Golf Club

Encircled by a top class panorama, **Trieste's Golf Club** is a location capable of turning a game of golf into a truly exclusive experience. Splendid views over the gulf stretching from Grado lagoon to the Istria coast, and against the backdrop of the severe hills of the Carso high plateau, makes the course the ideal place to have fun and relax in the midst of nature.

At top speed through the Trieste Carso

Those not wanting to relinquish the thrill of speed can choose one of the itineraries designed for motorbike riders through the Trieste Carso: breath-taking bends, mountainous landscapes and panoramic views of the sea make for a thrilling two wheel experience.

Mountainbike trails

BIKE

In the Gulf of Trieste there is a complex network of footpaths, roads and gravel tracks which are suitable for mountain bikes, with a range of lengths and difficulty levels to choose from.

Family cycling: da Trieste alla Draga Sant'Elia

A 21 km approx. family cycle-footpath route linking Trieste to **Draga Sant'Elia** on the former railway tracks. After crossing through Trieste's hilly hinterland in the midst of fruit groves, vegetable gardens and houses, the cycle track enters Val Rosandra, a very well-known regional karstic and nature area with splendid views throughout of the Gulf of Trieste's limestone heights and, just before the border, it reaches the small town of Draga di Sant'Elia, a good place for a break.

Adria Bike

The Gulf of Trieste area is also part of the **Adriabike** route, a 1000 km long cycle track which starts at the peaks of the Slovenian Alps before arriving at the Adriatic sea. It is an itinerary which can also be done in stages, making use of the international circuit routes.

BOATING

Sailing around the Gulf of Trieste

A sailing paradise, the Gulf of Trieste has a grand total of seven marinas designed to satisfy everyone's needs, however exacting. Walking along the banks of the city you can admire the maxy yachts moored right in front of Piazza Unità.
In the natural Panzano basin, **Marina Hannibal** is now synonymous of authentic boating culture and continuing along the gulf there are the two Monfalcone marinas: **Marina Lepanto** and **Ocean Marine**. Along Sistiana bay is **Marina Portopiccolo**, with all the most modern facilities, and right in the heart of Trieste is **Marina San Giusto**, which can be seen from the sea thanks to the historic Lanterna lighthouse to the right and the imposing Stazione Marittima building to the left. On the outer edge of the Gulf of Trieste, in Muggia, is **Porto San Rocco Marina Resort**, recognisable from the sea thanks to the ochre colour of its quays.
A must for sailing fans and everyone else, too, is **Barcolana**, the historic international sailing regatta held every year in the Gulf of Trieste on the second Sunday of every month. It is worth a visit not only for the evocative spectacle of the gulf dotted with veils but also for the many side events food and wine stands which bring the city to life.

WELLNESS

Recharge your batteries a stone's throw from the sea

For those looking for a regenerating break, many of the Gulf of Trieste's accommodation facilities have exclusive **spas** and wellness centres. Sea view saunas, salt rooms, swimming pools equipped with jacuzzis, wellness centres in the midst of nature, beauty centres and farms with highly specialised staff. Treat yourself and recharge your batteries. For relaxation and wellness, there are also **Roman Baths of Monfalcone**, thermal baths famous for the powerful therapeutic effects of their sulphurous-salos-sulphate-alkaline-earthy waters which flow naturally from the natural springs at a temperature of 38-39 degrees. Situated near the Timavo springs, these spa waters were used by the Ancient Romans for wellness and body care treatments. The facilities have swimming pools and individual baths, offer wellness treatments such as spa bath waters, wellness itineraries, aquabalancing and relaxation activities. They also specialise in inhalation treatments designed for respiratory conditions and rehabilitation therapies in water.

NATURE

For those who love nature in its purest form, exploring the Gulf of Trieste is a must: dolines, grottoes, footpaths cut through undergrowth shaped by the wind and white cliffs plunging straight down into the sea - truly the choice is yours. A stone's throw away from Miramare castle, **Miramare Marine Nature Reserve**, managed by WWF Italia, conserves, safeguards and promotes the resources of the biosphere and fosters balanced man-environment management formulas on a global level. You can explore the reserve on sensory routes, in guided visits and with seawatching. **Falesie di Duino Nature Reserve** is a landscape of rare beauty characterised by the contrast between the white limestone ridges which stand out above the coast and the blue of the sea. The reserve is accessible on foot from Sistiana on 1700 metres of footpath called after poet Rainer Maria Rilke and opened in 1987.
The Reserve can also be admired from the sea by canoe and SUP tours under the cliffs or boat excursions.

Val Rosandra Nature Reserve

NATURE

Val Rosandra Nature Reserve comprises the Carso Triestino's only surface water course, the Rosandra-Glinščica stream, which has fostered the development of a wealth of vegetation and the proliferation of various animal species. A great many itineraries guide hikers around grottoes with ancient carvings and ruined castles and hill forts along streams and past panoramic places. **Mount Lanaro and Orsario Reserves** is also worth a visit, a place at which superficial karst phenomena can be observed and the luckiest can get a glimpse of a brown bear or jackal. The **Carsiana Botanical Gardens**, on the other hand, are a place to see the Trieste Carso's most important plants. **Doberdò and Pietrarossa Lakes Reserve** is also worth a visit with black poplars in which woodpeckers nest, damp areas and moorlands where you may even see a golden jackal! The natural environment is especially striking: the lake ecosystem contrasts with the arid landscape around it which is so characteristic of the karst. The reserve also comprises an archaeology site, a hill fort dating to the Bronze Age and a visiting centre with a nature museum featuring a reconstruction of the cave bear, a now extinct species.

Osmiza

TASTE

Flavour and tradition encounters

Evocations and influences meld harmoniously together generating unique, tasty dishes which can be tasted in the restaurants and osterias dotting the coastline of the Gulf of Trieste or in Trieste's historic centre. **Fish tourism restaurants** by the sea where you can enjoy the evocative experience of dining to the sound of the waves and the boats moored nearby whilst admiring a breath-taking sunset. An experience to try in the Trieste Carso are ***osmize***, characteristic eating places where you can try local delicacies such as cheeses and charcuterie directly at the homes of the farmers who make them. Beginning with starters, ***Parsuto in crosta*** is a must - ham in a crust, smoked and cooked wrapped in bread - or ***sardoni in savor*** made with floured anchovies, fried and marinated with onions. Moving onto the next course you must try ***jota***, a bean soup supplemented with cabbage, potatoes, sausages, smoked bacon, herbs and spices, bread gnocchi made with stale bread cooked in a sauce based on ham. Meat dishes include ***gulash***, a very dense soup made of meat flavoured with onion and chili and ***cevapcici***, spiced sausages of Balkan origin. Moving on to fish, ***scampi all busara*** are a dish to try and consist of scampi cooked in a guazzetto tomato sauce, ***pedoci a la scotadeo***, or rather clams cooked "scottadito style", cod Istria style and salt cod with tomatoes. A local dessert is ***presnitz***, a flaky pastry roll filled with dried fruit and ***putizza***, a tipical pastry stuffed with honey, dried fruits, poppy seeds and many other fillings. The best wine to accompany these dishes of a decidedly pronounced flavour is **Terrano**, a ruby red wine or **Vitovska**, a DOC white wine made only in the Trieste and Gorizia areas. Of the area's characteristic products, a special mention should go to the Trieste area's **olive oil**, now protected by a Denomination of Protected Origin (DOP), Tergeste.

Strollin trough Trieste's history, art and culture

A stroll through the streets of Trieste is a chance to reach out and touch its history with a Roman past whose traces are still evident on the San Giusto hill where the **castle**, **cathedral** and remains of a **Roman theatre** can be visited. With its elegantly Hapsburg style, the historic centre's Neoclassical town houses and airy **Piazza Unità d'Italia**, opening imperiously out onto **Molo Audace**, a romantic over 200 metre walkway directly over the sea, it is unique. The **Faro della Vittoria** lighthouse which welcomes visitors arriving by sea was built on the bastions of a historic Austrian fort in the mid-19th century. It is now a commemorative monument devoted to the sailors who died during World War One. **Miramare Castle's** dazzling whiteness stands out against the blue of the Adriatic Sea: it was built at the behest of Archduke Maximilian of Hapsburg and his wife Charlotte of Belgium. The castle can be visited all year round as can the beautiful park surrounding it. **Teatro Verdi**, built from 1798 to 1801 to original designs by Giannantonio Selva, who also designed Venice's Fenice, is also a symbol of the city. Trieste's strong cultural feel is also tangible in its many museums, including the not-to-be-missed **Revoltella Museum**, a stylish Renaissance style building conserving masterpieces of modern art, and **Sea Museum** which contains models of all the types of boat which have made navigation history. **Bora Museum of Trieste**, a creative space narrating the feeling of the Bora wind as it blows through the city in novel and experimental ways, is also an original experience.

Trieste, Piazza Unità d'Italia

The historic sea towns of Muggia and Duino

The historic seaside town of Duino is located on the south face of Mt. Ermadae and the white cliffs which plunge down into the sea. It is here, on a rocky spur, that **Duino Castle** is located. This manor house, residence of the Torre and Tasso princes, can be visited in its entirety including its attractive gardens. Its "ulca" - the narrow alley which leads from the church along the walls of the castle rimmed by characteristic houses - is beautiful. The historic seaside town of Muggia, which welcomes its visitors by sea at **Porto Mandracchio** is worth a visit. The beating heart of the town is Piazza Galileo Galilei with the white Venetian Gothic façade of **Muggia cathedral**. Strolling through the town's colourful alleys and picturesque calli takes you past the façades of historic Venetian brick houses such as **Casa Veneta di Calle Oberdan**. The history to be viewed above the town, on the promontory above the port, is even older: this is the site of the ruins of the Santa Barbara and Muggia Vecchia proto-historic hill forts and of **Romanesque basilica Santa Maria Assunt**a which conserves recently restored precious pre-Giotto frescoes and an archaeology park which contains the ruins of the ancient Roman castrum. The views from here over the whole of the Gulf of Trieste are magnificent.

Muggia, Cathedral

Shipbuilding museum in Monfalcone

CULTURE

From the city of construction sites to the traces of the Great World War

Monfalcone is both an important industrial town and a place with an interesting history. One of its most famous symbols, dominating the town centre, is its **medieval Rocca** with its **Palaeontology Museum**. In a fascinating narration making ample use of multimedia **MuCa**, **Shipbuilding museum in Monfalcone** is the only such museum in Italy and gives visitors an insight into the history of the Panzano shipyard workers' factory town which developed in parallel with its naval industry. Around the town, and especially moving, is the **Great War Theme Park** which explores the history of the 1915 to 1917 period and takes visitors on a stroll through a range of traces of the war, such as trenches, forts, grottoes used for military purposes and monuments such as that dedicated to Enrico Toti. Just a few kilometres away, in the Gorizia direction, is Redipuglia with its huge, majestic **Italian army sacrarium**. Its huge karstic stone stairway conserves the bodies of one hundred thousand World War One dead. A short way away in Sagrado, the **Monte San Michele Multimedia Museum**, nominated one of the forty best digital projects in the world in 2018, introduces visitors to the open air museum of the same name, one of the Great War's most famous battle grounds.

Gorizia, Castle

CULTURE

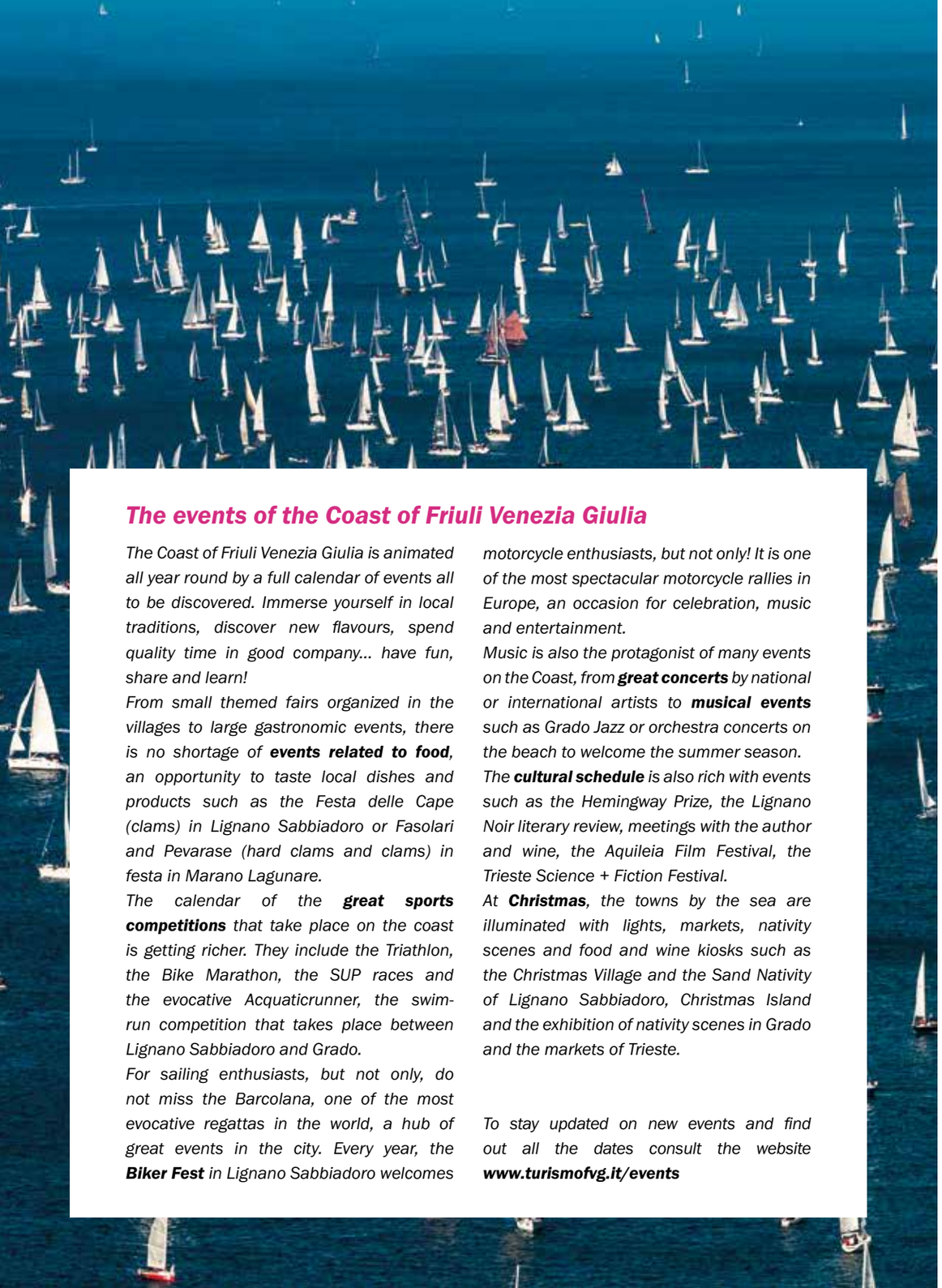
Art&Culture excursions

From the Riviera Friuli-Venezia Giulia you can reach easily the arts towns located in the hinterland of the Region.

Worth a visit the city of **Udine** which is adorned with charming squares in Venetian style and ancient buildings. In the hill of the city rises the famous castle, from which on sunny days you can see the Adriatic see. Perfect for a walk the characteristic streets of the old town studded with shops local crafts, and historic taverns where you can taste wines and regional specialties. There is than **Pordenone**, the painted city, so called for the many frescoed buildings that you can admire along the course crossing the historic centre.

From the ancient City hall, which is characterized by very original gothic shapes, begins Corso Vittorio Emanuele II, which presents elegant and long arcades, great interest artistic building, welcoming cafes where to take a break and many shops for shopping.

Gorizia is a small, pleasant city, where the Habsburg past still survives in the buildings and gardens, including the splendid Giardino Viatori. It is a fascinating place where Latin, Slavic and Germanic cultures have met, giving rise to different cultural contaminations. In 2025 Gorizia will be the Capital of European Culture together with the nearby Nova Gorica. Located on the hill overlooking the town, the Castle of Gorizia offers a spectacular panoramic view of the city and the surrounding area.



The events of the Coast of Friuli Venezia Giulia

The Coast of Friuli Venezia Giulia is animated all year round by a full calendar of events all to be discovered. Immerse yourself in local traditions, discover new flavours, spend quality time in good company... have fun, share and learn!

From small themed fairs organized in the villages to large gastronomic events, there is no shortage of ***events related to food****, an opportunity to taste local dishes and products such as the Festa delle Cape (clams) in Lignano Sabbiadoro or Fasolari and Pevarase (hard clams and clams) in festa in Marano Lagunare.*

The calendar of the ***great sports competitions*** *that take place on the coast is getting richer. They include the Triathlon, the Bike Marathon, the SUP races and the evocative Acquaticrunner, the swim-run competition that takes place between Lignano Sabbiadoro and Grado.*

For sailing enthusiasts, but not only, do not miss the Barcolana, one of the most evocative regattas in the world, a hub of great events in the city. Every year, the ***Biker Fest*** *in Lignano Sabbiadoro welcomes motorcycle enthusiasts, but not only! It is one of the most spectacular motorcycle rallies in Europe, an occasion for celebration, music and entertainment.*

Music is also the protagonist of many events on the Coast, from ***great concerts*** *by national or international artists to* ***musical events*** *such as Grado Jazz or orchestra concerts on the beach to welcome the summer season.*

The ***cultural schedule*** *is also rich with events such as the Hemingway Prize, the Lignano Noir literary review, meetings with the author and wine, the Aquileia Film Festival, the Trieste Science + Fiction Festival.*

At ***Christmas****, the towns by the sea are illuminated with lights, markets, nativity scenes and food and wine kiosks such as the Christmas Village and the Sand Nativity of Lignano Sabbiadoro, Christmas Island and the exhibition of nativity scenes in Grado and the markets of Trieste.*

To stay updated on new events and find out all the dates consult the website ***www.turismofvg.it/events***

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BY CAR

Higway:
A4 Torino/Trieste
A23 Palmanova/Udine/Tarvisio
A28 Portogruaro/Conegliano
A27/A4 Trieste/Belluno

BY PLANE

Airport of Trieste
www.triesteairport.it
40 km from Trieste and Udine
80 km from Pordenone
130 km from Venezia
120 km from Lubiana

BY TRAIN

www.trenitalia.it
www.italotreno.it

BY BICYCLE

www.alpe-adria-radweg.com
www.adriabike.eu

BY BOAT

Along the coast and through the channels of the Lagoons of Grado and Marano

www.marefvg.com

FSC

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