ENG

by the Sea

LIGNANO SABBIADORO, GRADO AND THE TRIESTE GULF

io sono FRIULI VENEZIA GIULIA

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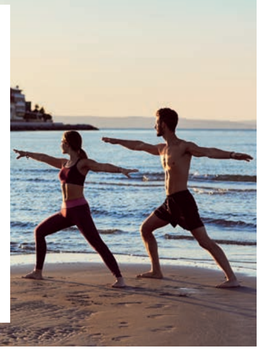
CODROIPO
VILLA MANIN
PORDENONE
UDINE - TARVISIO
MORTEGLIANO
TRIVIGNANO UDINESE
CLAUIANO
COLLIO CORMÒNS TOURIST OFFICE
GORIZIA
CASTIONS DI STRADA
PALMANOVA
FLAMBRUZZO
ARIIS
RIVIGNANO - TEOR
T. CORMOR
AIELLO DEL FRIULI
GRADISCA D'ISONZO
SAN MICHELE DEL CARSO
SAGRADO
SAN MARTINO DEL CARSO
STRASSOLDO
REDIPUGLIA
RONCHI DEI LEGIONARI
DOBERDÒ AND PIETRAROSSA LAKES RESERVE
S. GIORGIO DI NOGARO
TORVISCOSA
CERVIGNANO DEL FRIULI
MUZZANA DEL TURGNANO
PALAZZOLO DELLO STELLA
MONFALCONE
SAN CANZIAN D'ISONZO
CARLINO
F. CORNO
F. ZELLINA
F. ALISA
F. TURGNANO
LATISANA
PRECENICCO
MARANO LAGUNARE
AQUILEIA
F. ISONZO
MARINA JULIA
DUINO
SISTIANA BAY
FALESIE DI DUINO NATURE RESERVE
F. TAGLIAMENTO
F. STELLA
F. AUSA-CORNO
F. MATISSA
VALLE CANAL NOVO NATURE RESERVE
MARANO LAGOON
GRADO LAGOON
DUINO - AURISINA
AURISINA
SGONICO
MOUNT LANARO NATURE RESERVE
PERTEGADA
FOCI DELLO STELLA NATURE RESERVE
FOSSALON DI GRADO
MONRUPINO
MOUNT ORSARIO NATURE RESERVE
GRIGNANO
PROSECCO
MIRAMARE MARINE NATURE RESERVE
APRILIA MARITTIMA
LIGNANO SABBIADORO
S. MARIA DI BARBANA
VALLE CAVANATA NATURE RESERVE
BARCOLA
OPICINA
LIGNANO PINETA
LIGNANO RIVIERA
GRADO
GRADO PINETA
TRIESTE GULF
TRIESTE
BASOVIZZA
BIBIONE
S. DORLIGO DELLA VALLE
VAL ROSANDRA NATURE RESERVE
MUGGIA

SYMBOLS KEY

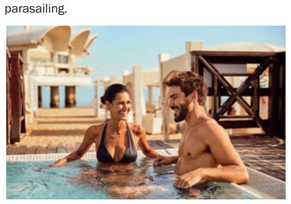
- PromoTurismoFVG Tourist Offices
- Beach
- Motor Ship
- Marina
- Theme parks
- Watersports
- Cycling
- Walking & hiking
- Golf Club
- Cultural itinerary
- Museum
- Archaeological site
- Faith and spirituality
- Castle
- Historical building
- Villages
- Industrial architecture
- Historic café
- Thermae
- Caves
- Airport
- Natural reserves
- Woods and parks
- Maritime transport
- FVG1 Ciclovia Alpe Adria Radweg
- FVG2 Adria Bike lane
- The heavenly way
- Alpe Adria Trail

A beach for everyone along the Coast of Friuli Venezia Giulia

*Choose YOUR beach along the 130 kilometres of Unique Coast in Friuli Venezia; there really is a beach to suit everyone! Long **stretches of sand** with beach facilities offering all the comforts for your stay in the towns of **Grado** and **Lignano Sabbiadoro**, lidos for families and our four-legged friends as well as the renowned Windspot on the beach of **Marina Julia**, exclusive resorts and pebble beaches overlooking the **Sistiana Bay** , rocky bays and historic resorts along the **Gulf of Trieste**!*



How about spending a family day at the beach, relaxing and having fun in complete safety?
All along the Coast of Friuli Venezia Giulia you will find shallow waters for **safe swimming**, **entertainment**, **leisure** and **well-equipped bathing** facilities offering all the comforts and services to welcome the little ones but also those who travel with their **four-legged friends**!
You really don't know how to stay under an umbrella? Choose from the wide range of water sports to practice directly from the beach: such as **SUP**, **windsurfing**, **sailing**, **kitesurfing** or give yourself a boost of adrenaline by trying **water games** such as banana boats, speedboat-towed donuts and parasailing.



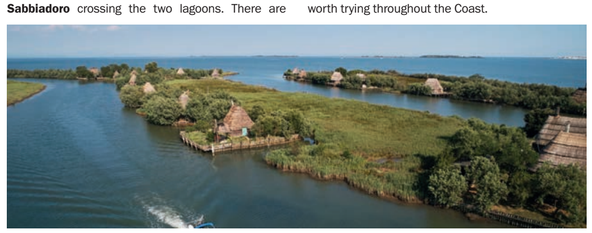
Choose one of the **VIP establishments** with infinity pools, sea-view whirlpools, king-size beds and delivery service under the umbrella for an exclusive day!

Cruise along the Coast of Friuli Venezia Giulia with the boat lines

Take a trip with the **boat lines** and visit all the main seaside resorts and villages along the 130-kilometre Coast of Friuli Venezia Giulia! Set off from **Lignano Sabbiadoro** and treat yourself to an excursion to the picturesque seaside village of **Marano Lagunare** or take **Lignano - Grado boat connection** across the two lagoons towards Grado. Moreover, there's the **X-River boat pass** from Lignano Sabbiadoro, which ferries pedestrians and cycle tourists across the two banks of the **Tagliamento River**. From **Grado** the connection with the island of **Barbana** is active all year round. Otherwise take a fascinating trip past the **Castles of Duino and Miramare**, which overlook the **Gulf of Trieste** with the **boat line that connects Grado** and **Trieste**,or from Trieste choose the boat line stopping at **Sistiana**, **Grignano** and **Barcola**! The boat connection between the city of **Trieste** and **Muggia** operates all year round.

Guaranteed fun at the Coast's theme parks!

An absolute MUST of the Friuli Venezia Giulia coast are the boat trips: authentic tours to discover natural paradises aboard motor vessels, motorboats, sailboats, fishing boats, pontoon boats and so much more! Departing from **Lignano Sabbiadoro** many excursions to the wild **Isola delle Conchiglie**, through the **Marano Lagoon** and the fishing village of **Marano Lagunare**, or to discover the **Foci del Fiume Stella Nature Reserve**. Also worthwhile are the boat trips on the waters of the **Tagliamento River** and the **mini-cruises that connect Grado and Lignano Sabbiadoro** crossing the two lagoons. There are numerous excursions departing from **Grado** to the lagoon islands, such as **Isola di Anfora** with a food and wine tasting experience at the docking restaurant, **Mota Safon** to visit the historic Casone of Pasolini, a characteristic marsh cane buildings and **Barbana** where a Benedictine sanctuary is located. Along the **Gulf of Trieste** there are **boat rental services with skipper** or **trips in historic sailing ships** for an aperitif under the castles! The tours that combine boat trips with cycle routes, food and wine stops, guided tours to discover the hinterland are worth trying throughout the Coast.



Kitesurfing and water sports

As soon as the wind rises, the call becomes irresistible for **kitesurfing** enthusiasts who flock to the Unique Coast of Friuli Venezia Giulia 365 days a year to have fun in putting their acrobatic skills into practice. There are three main windspots along the Coast: **Marina Julia, Grado** and **Lignano Sabbiadoro**, which are ideal thanks to their constant and predictable winds, shallow and safe waters and sports clubs that offer equipment rental and personalized lessons for beginners as well as professionals!
Sports clubs offer **windsurfing** and a wide range of **sailing courses** directly on the beach to satisfy wind sport enthusiasts!
Why not try **Stand Up Paddleboarding** (**SUP**) along the Coast? It's g as a break of an hour in a relaxing day on the beach. Try the **XXL paddleboard** with family or friends or go for a slow tour to discover the Lagoon Islands and Nature Reserves.
For those who love paddleboarding, it's also worth trying the **canoe**, **kayak** and **rowing tours** to discover the natural beauty of the surrounding area or simply to enliven the day on the beach!

Zero impact along the Friuli Venezia Giulia coast by cycling!

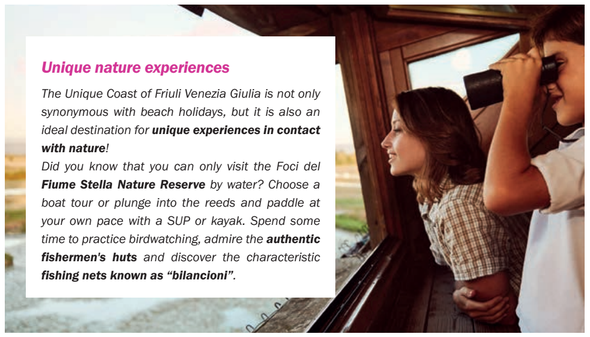
Hop on your bicycle and discover all the itineraries around the main seaside resorts of the Coast of Friuli Venezia Giulia and its hinterland! Take advantage of different itineraries traced on **Google Maps**, the **bike-sharing services**, **rentals of bikes** and **e-bikes** and a rich schedule of guided tours that integrate food and wine, historical and naturalistic stops or take a boat excursion!
Not to be missed are the **over 75 kilometres of itineraries** and **30 kilometres of cycle paths** in **Lignano Sabbiadoro**, which can be found on Google Maps, including the fascinating ring route that offers breathtaking views of the **Tagliamento River,** the **Marano Lagoon** and the enchanting promenade of **Lignano Sabbiadoro** in just twenty kilometres! Easily reachable from **Grado** along cycle paths surrounded by nature are the nature reserves and the UNESCO sites of **Aquileia** and **Palmanova**. The cycle path that crosses the lagoon bridge is spectacular as you can get a glimpse of the **Sanctuary of Barbana**! The lagoon of Grado is also the final leg of the **Alpe Adria Radweg Cycle Route** that connects Salzburg to Grado: follow it even in small sections using intermodal connections! Also not to be missed is the **Adriabike**, the cycle path that starts from the peaks of the Slovenian Alps up to the Adriatic Sea along the coast. Mountain bike enthusiasts cannot miss the cycle routes that branch off from the Trieste Karst area!

Boating holidays in Friuli Venezia Giulia

With over **24 marinas, various nautical companies and mooring points**, Friuli Venezia Giulia is one of the leading regions in Italy in terms of number of berths, which is perfect whether you are looking for annual berthing or for short stays during your cruises along the Coast.
From Lignano Sabbiadoro to Marano Lagoon, cruising down the **Stella River** and **San Giorgio di Nogaro**, continuing towards **Grado**, **Aquileia** and **Monfalcone** up to the **Bay of Sistiana**, **Trieste** and then **Muggia**: the entire Coast of Friuli Venezia Giulia is ready to welcome tourists by boat! You can pick and choose from **Marina Resorts** with swimming pools and wellness facilities, evocative spaces for mooring **mega yachts**, "**floating homes**" and **houseboats** but also **dry marinas** for out of water storage of your boat and a team of craftsmen with a high level of know-how to carry out maintenance and repair work! The moorings and berths are excellent starting points to discover a unique area, full of attractions and an offer of experiences dedicated to boating enthusiasts!

Unique nature experiences

*The Unique Coast of Friuli Venezia Giulia is not only synonymous with beach holidays, but it is also an ideal destination for **unique experiences in contact with nature**!*
*Did you know that you can only visit the Foci del **Fiume Stella Nature Reserve** by water? Choose a boat tour or plunge into the reeds and paddle at your own pace with a SUP or kayak. Spend some time to practice birdwatching, admire the **authentic fishermen's huts** and discover the characteristic **fishing nets known as "bilancioni"**.*



Take your binoculars and cameras and you'll be spoilt for the unique colourful birdlife to look at in its natural habitat from one of the bird hides **Canal Novo, Valle Cavanata and Foci dell'Isonzo Regional Nature Reserves**. If you visit the **Foci dell'Isonzo Nature Reserve**, don't miss the experience with the **white Camargue horses**, like approaching the horses, tours and even **horse riding**!
The stunning view of the white cliffs of the **Falesia di Duino Nature Reserve** is one of a kind. The cliffs can be admired either from the sea with a SUP, canoe or boat tour from the **Sistiana Bay** , or from one of the hiking trails along paths that overlook the coast, such as the **Rilke trail** or the **Napoleonic road**.
What better way to visit a marine reserve than to dive into its waters to discover its rich biodiversity? Don't miss seawatching in the **Protected Marine Area of Miramare**: the WWF staff will accompany you on daytime or sunrise guided tours in the summer season to discover the world of marine life!
The fascinating caves that populate the Karst area are also well worth a visit: the heart of the **Grotta Gigante** is one of the largest caves in the world that can be visited and don't miss the spectacular concretions of the **Grotta Torre di Slivia**, which is a true wonder of nature!

Guaranteed fun at the Coast's theme parks!

When it comes to **theme parks**, young visitors to the Unique Coast of Friuli Venezia Giulia will be spoilt for choice! The perfect solution to spend a hot summer's day with the family are the water parks like the **Aquasplash** and the **Parco Termale Riviera Resort** in **Lignano Sabbiadoro**, and the **Water Parks at Grado and Marina Julia**: between dives, adrenaline slides, pools with seawater, artificial waves and springboards, fun is guaranteed! An unmissable stop for nature-lovers is **Lignano Sabbiadoro's Parco Zoo Punta Verde** which host over one hundred varied species of animals and organizes unique experiences, such as close encounters with lemurs, sloths, giraffes and Seychelles turtles, as well as curious itineraries for our young explorers! Especially for the little ones is the "**I Gommosi**" inflatable park immersed in the pine forest of the "Parco del Mare" at Lignano Sabbiadoro! Jeep safaris, swan lake, canoes, 5D cinema and much, much more await families inside the **Junior Park** of Lignano Sabbiadoro, while in the evening the **Luna Park Strabilia** stands out with its array of lights and colours!

Tasting places and taste experiences

Taste a wine or two directly among the barrels in the cellar where it has been ageing. Savour the catch of the day caught in the traditional fishing net huts after a canoe excursion or a bike tour, or discover the traditional lagoon dishes in one of the local restaurants with landing places that can only be reached by boat. These are just some of the experiences in the tasting places along the **Wine and Food Route of Friuli Venezia Giulia**: six experience-rich tasting itineraries aimed at promoting the wineries, food and agricultural businesses, restaurants, educational farms and food and wine experiences of the Region!
Don't miss the **tasting of typical local wines**: Friuli Venezia Giulia produces some of the best white wines in Europe and excellent red wines, too. The variety of soils and climate has led to the identification of nine regional DOC (Controlled Designation of Origin), four inter-regional and five DOCG (Guaranteed and Controlled Designation of Origin) appellation areas!

The four fishing villages not to be missed

The **seaside villages** along the coast are perfect destinations for walking in authentic places, discovering traditional flavours and local customs! Experience the fishing traditions in **Marano Lagunare**, stroll through the narrow streets of the historic centre of **Grado** among the artisan workshops and Paleochristian basilicas, find out about the legend of the White Lady (la Dama Bianca) at the ancient manor of **Duino** or take a trip to **Muggia** to admire the characteristic Istrian-Venetian architecture!

The UNESCO sites of Aquileia and Palmanova

Unmissable stops for history and culture enthusiasts are the UNESCO sites of **Aquileia** and **Palmanova**! Walk through the remains of the open-air Roman forum, go into an ancient domus and the Paleochristian Basilica with its spectacular mosaic floor and try not to miss all the other incredible wonders that are preserved in **Aquileia**! Unique for its particular nine-pointed star shape is the fortress town of **Palmanova**, which is also impressive for its **Parco Storico Dei Bastioni** and worth a tour of the ramparts and the intriguing underground tunnels!

A stroll along the sea, through science and culture

Directly overlooking the coast, **Trieste** enchants with its charm of a seaside city and multicultural personality, its intertwining of many traditions that still coexist today! An iconic point of the city is **Piazza Unità d'Italia**, the Habsburg square overlooking the sea that imperiously opens out onto the romantic walkway of the **Molo Audace**. To welcome visitors arriving by sea is the **Faro della Vittoria** lighthouse, which was built on the remains of a bastion of the ancient Austrian fort in the mid-nineteenth century, while watching over the city, at the top of **Colle di San Giusto** are the **Castle** and **Cathedral**; evident traces of Trieste's Roman past! A city of cafes and art, but not forgetting that it is also an important scientific centre, Trieste is the ideal destination for a relaxing break between sea, culture and tradition.

Spas and wellness

Relaxation and wellness are the absolute must of a holiday and on the Unique Coast of Friuli Venezia Giulia there is no lack of possibilities to recharge your batteries! Overlooking the sea, the spa centre **Terme Marine of Grado** offers you the opportunity of bathing in seawater pools, relaxing in the Spa with Turkish bath, sauna and whirlpool tub and choosing between various massages and treatments at the wellness centre! Not far from the coast are also the **Terme Romane Roman Baths of Monfalcone** that use naturally flowing spring water at a temperature of 38-39 degrees, equipped with swimming pools, individual tubs, wellness treatments such as massages in spa water, wellness programmes, acquabalancing and relaxation activities in water. The thermal offer of the Region is completed by the **Terme di Arta in Carnia**, where the benefits of the waters of the Pudia spring are combined with the healthy climate of the mountains! The many hotel and accommodation facilities that have spas and wellness centres on the coast with exclusive offers are designed to pamper and recharge the energy of their guests: sea view saunas, whirlpools on the beach, salt rooms, swimming pools with whirlpools, wellness programmes surrounded by nature, beauty centres and beauty farms with highly specialized personnel.

Discounts for holders of:

FVG card
Your pass to experience Friuli Venezia Giulia

www.marefvg.com

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