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↑ Trieste, Faro della Vittoria

Sailing in the Northern Adriatic in the North-Eastern part of Italy is a unique experience! It is here that the **Unique Coast of Friuli Venezia Giulia** extends: a 130-kilometre riviera that embraces the renowned seaside resorts of **Lignano Sabbiadoro and Grado**, the paradisaical contexts of the **Grado and Marano Lagoons**, the windspot of **Marina Julia**, the **Sistiana Bay** and the jagged coasts of the **Gulf of Trieste** up to the seaside village of **Muggia**.

Loved by boaters for its excellent nautical offer, the Unique Coast of Friuli Venezia Giulia offers over **24 marinas** (part of which make up the largest network of marinas in Italy). There are also nautical companies and several mooring points that make Friuli Venezia Giulia one of the leading regions in Italy for the number of infrastructures and berths. There are **Marina Resorts** equipped with swimming pools and wellness services, **dry marinas** for the storage of boats in the dry, but also fascinating spaces to moor **your mega yacht**, “mobile homes” floating on the river waters but also many **services such as the storage of boats and shipbuilding** managed by experienced craftsmen! There is also a strong vocation for sustainability that characterises Friuli Venezia Giulia’s nautical offer, with several marinas recognised by the **FEE Blue Flag**, the extensive use of renewable energy, electric vehicles and water cleaning systems such as the seabin.

The moorings and berths represent starting points of excellence from which to discover a unique territory, rich in points of interest and an exceptional and dedicated offer of experiences: from beaches of sand, pebbles and rock on which to relax, to unique experiences to explore the nine Nature Reserves that dot the Coast, to itineraries, tours and services for bike enthusiasts, to the small seaside villages and art cities. The food and wine offer of the **Strada del Vino e dei Sapori (The route of wine and flavours) of Friuli Venezia Giulia** is one of a kind: an imaginary itinerary that ideally connects the coast with the mountain area, passing through the vineyards and hills of the regional inland area among wine cellars, restaurants and producers!



SWEET SAILING

One coastline, many stories. One land, many colors. Showing this very particular shading to those coming from the sea and creating even more precious pearls which are just waiting to be discovered - why not do it through these seven suggested itineraries? Buon viaggio!

- Lignano Sabbiadoro and Aprilia Marittima
- From the Marano Lagoon to Palazzolo dello Stella and San Giorgio di Nogaro
- From Grado to Aquileia
- From the Valle Cavanata to Monfalcone
- From Duino to Sistiana
- From Duino to Sistiana
- From Trieste to Muggia

FROM LITORANEA VENETA TO LIGNANO



↑ Lignano Sabbiadoro



RELAXATION AND ENTERTAINMENT

From small boats to mega-yachts, from catamarans to sailboats, **Lignano Sabbiadoro** boasts professional services and safe moorings located on the banks of the Tagliamento River or directly overlooking the Marano Lagoon just a stone's throw from one of the most suggestive seaside resorts of the **Northern Adriatic**! Recognised in 2021 as one of the 10 "Tree Cities in the World" thanks to the green pine grove made up of 1.200.000 plants, **Lignano Sabbiadoro** is an oasis that combines relaxation and fun. 8 kilometres of golden beach, much loved by families for the comfortable and organised beach resorts, perfect for those looking for an exclusive proposal thanks to its VIP beaches and a true paradise for water sports enthusiasts and a quiet sea have been proud to fly the en-

vironmental blue flag for years and **green flag of the paediatricians**. This coastline which from the Tagliamento river mouth projects out to the east becoming a point protecting **Aprilia Marittima** and the Marano Lagoon, in fact encloses three resorts, which accommodate thousands of boat moorings.

Lignano Sabbiadoro is the historical centre, with a wealth of restaurants, open-air bars and shops. It can also boast boutiques, amusement arcades, pubs and discos. It is overseen by the elegant "Terrazza a Mare" where you can take a walk in an atmosphere suspended over the blue sea.

Lignano Pineta is caressed by the shade offered by the gardens and crossed over by the elegant avenues, the fruit of remarkable spiral urban architecture, designed by the architect

The route

- Tagliamento River Mouth
- Lignano Riviera
- Lignano Pineta
- Lignano Sabbiadoro
- Aprilia Marittima

Marcello D'Olivio. Here, it is the greenery that speaks, as well as every type of comfort. Decorating the promenade are the Mosaics of the Mosaic School of Friuli and the traditional pier where you can admire the horizon from the sea, just as if you were on board a boat.

We then have **Lignano Riviera**, the most relaxing area immersed in rich vegetation that expresses itself through the rustling leaves in the maritime pine-woods and crossed by the river Tagliamento on which are located the unique floating homes. 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 comforts and many other dedicated services.

LIGNANO INVITES YOU

It invites you to take care of your body, to restore it with open-air activities by offering a wide range of opportunities. You can do sport on the beach thanks to sport centers with excellent **swimming, sailing, windsurf, sup** and **kitesurf** instructors.

You could take part in a fun game of **beach volley** and **beach tennis**. You could even discover yourself to be a golf enthusiast on the 18-hole **golf** course, in the **Golf Club** of Lignano Sabbiadoro. In the **Hub Park of Lignano Sabbiadoro** are available ramps for skateboard fans. And, for bike enthusiasts, there are

over **75 kilometres of cycle routes** and **30 kilometres** of cycle paths marked on Google Maps that retrace the territory of Lignano Sabbiadoro, which then connect to the inland reaching Aprilia Marittima and Latisana. There is no shortage of paths that wind through fragrant pine forests and offer fascinating lagoon views. Or the itineraries that lead to the banks of the Tagliamento river in Lignano Riviera, where you can admire red sunsets or reach the other side of the river thanks to the **X-River cycling boat pass**.

Departing from Lignano Sabbiadoro, in the summer period,

also the **sea lines connecting Lignano to Marano Lagunare and Lignano to Grado**.

There is also a wide range of bike tours organised with a guide that integrate boat routes, stops and tastings in wine cellars. **Fat sand bikes** are available for riding by the sea at dawn for those who do not want to miss out on the beach!



LIGNANO IS A LARGE “PARK” OVERLOOKING THE SEA

Which expresses itself through many different parks where you can literally “project yourself” into other worlds. Such as the **Parco Zoo Punta Verde**, a Green Promontory, a zoological garden with more than 1000 animals from 150 different species coming from all over the world.

Alternatively, **Aquasplash**, one of the first Italian water parks with breakneck slides and large swimming pools. The **Riviera Resort Thermal Park** is full of slides and water games for the little ones and relaxing whirlpools for adults.

Then there also is **Strabilia**, a su-

per amusement park with sparkling lights, a place for all those who want strong emotions. And in the **Gommosi park** and the **Parco Junior**, the only problem you will have is: to persuade your children to come home with you again.



← Panoramic point: Belvedere Trabucco
→ Parco Zoo Punta Verde

Did you know?

The writer and Nobel Prize Winner for Literature, Hemingway, used to come to Lignano. In fact, an important literary prize is dedicated to him as well as a shady park of scented maritime pine trees, where you can find various games for an invigorating run.

Within this resort, a certain preference for narrative has remained with the review “a meeting with the author and wine” organised in Lignano Pineta from mid-June to the beginning of September with all the latest writers taking part.



TASTE EXPERIENCE

Elegant restaurants with private mooring, suggestive locations directly on the beach, pizzerias, trendy clubs, wine shops and ice cream bars in Lignano meet any taste or desire. The fish dishes are the highlight of the restaurants in Lignano, where you can enjoy the traditional dishes of the region and beyond, clearly combined with the best white wines of the area.

Do not miss the **taste experiences** that start from Lignano Sabbiadoro and the tours that combine the visit of natural and cultural paradises of the inland with delicious stops to discover the local food and wine excellences.

NOT TO BE MISSED

Lignano shines with events. Starting from the great sports competitions such as **Triathlon**, **Acquaticrunner**, **SUP marathon**, **bike Marathon**, **soccer** and **volleyball tournaments** on the beach and much more! The summer calendar of **Lignano Sabbiadoro** is also full of **concerts by great national and international artists**, literary awards and entertainment shows. The **Biker Fest of Lignano Sabbiadoro** is one of the most spectacular motorcycle rally of Europe and an occasion of celebration, music and entertainment.

While in the winter season, the

sand of the beach is used to build a majestic **nativity scene** that can reach 4 metres in height and is located a stone's throw from the Christmas Village of Lignano Sabbiadoro, full of markets and food and wine kiosks and entertainment. Lignano also hosts other special events like sailing competition **Regata dei due golfi**, the **Autumn Championship of the Lagoon** and the **Punta Faro Cup**, the **Lignano Boat Show**, the nautical fair held in the Porto Vecchio dock in Lignano Sabbiadoro.

At the end of October on the

other hand, there is "**Nautilia**" which takes place in Aprilia Marittima, a nautical exhibition of second-hand boats - and the only one in Italy where they can be seen on dry land - with numerous exhibitors and international visitors taking part. Last but not least, the "**Festa delle Cape**", the festival of Upper Adriatic's fishery products.



Tourist ports

- 1 Porto Turistico Marina Uno Resort
- 2 Marina Punta Verde
- 3 Marina Punta Faro Resort
- 4 Darsena Porto Vecchio
- 5 Offshore Unimar
- 6 Marina Resort Punta Gabbiani
- 7 Dry Marina Punta Gabbiani
- 8 Darsena Aprilia Marittima
- 9 Aprilia Marittima 2000 - Dry marina
- 10 Marina Capo Nord

- Parco Termale Riviera Resort
- Parco Zoo Punta Verde
- Acquasplash
- Golf Club Lignano
- Strabilia Lunapark
- Gommosi
- Parco Junior



FROM THE LAGOON TO MARANO



The route

- Punta Faro (Lignano)
- Regional Stella River Mouth Nature Reserve
- Regional Valle Canal Novo Nature Reserve
- Marano Lagunare

AN OASIS OF PEACE, WITH THE RHYTHMS OF FISHING

There it is, down there, can't you see its bell-tower standing out? "Ages-old" the people here describe it, more to underline its importance than to give a precise age. Sailing in from far away, you can see it peeping out in this raised place, which can be seen as an independent world. Beginning with its secluded position, between the last point of the Lignano coast and Grado's Lagoon, protected from the open sea by a series of small islands such as Sant'Andrea and Martignano, also known as Shell Island. The **Venetian Republic** who governed this land from the 1400s until the end of the 1700s tried to hold on to it. The local people are still grateful: the Serenissima respected local autonomy and the people from Marano are still proud of the fact that they are the only Friulian town where the Maranese, Venetian dialect,

is still spoken. However, it is not only with linguistic and cultural links that Venice has left its mark - it has also left Marano its strong architectural imprint. The old town is a continual succession of "**calli**", narrow alleys, and **squares** onto which houses were built, developing into meeting places and outdoor work places. The buildings are decorated with nick-knacks which each tell an ancient tale: bas-relief, exposed stone, coats of arms.

The life of the people of Marano has always been articulated by the lagoon; on this moor, which was one of the poorest in Friuli, it was always treated with the greatest respect, even when its fish was the main source of sustenance. In Marano Lagunare the **Archaeological Museum of Lagoon** displays, in the Civic Central building, the important archaeological heritage of the

Lagoon, providing a very interesting historical survey. The precious museum preserves over five hundred handmade items found in various location of the lagoon of Marano and Grado and on the coastal strip at the back. In Marano Lagunare and its lagoon there are two regional nature reserves. The village can be reached by boat from Lignano Sabbiadoro and cyclists can also take the ferry line service.

Following the waters of the **Stella river** from the **Marano Lagoon**, you then reach Palazzolo dello Stella, an oasis of peace immersed in the greenery of nature that includes an interesting tourist offer. Not far from Marano Lagunare, there is also the nautical centre of **San Giorgio di Nogaro** which offers numerous berths, large spaces for storage and equipped shipyards where expert craftsmen are employed.



↑ Fishermen's huts in Marano Lagunare

Together with the lagoon in Grado, its lagoon is the most northern of all the Mediterranean. Most of its canals are natural; man has only put the mooring posts that mark out the way. If you happen to come across a “dama” or “lady”, be careful not to lose your compass: for you are in front of a mooring post made up of five posts indicating a new canal. The **regional Stella River mouth nature reserve** opens into the lagoon here and cannot be reached by land. Water is the only way to get to the Stella River's delta, where you

can go upstream to Precenico and Palazzolo. In this area you can also see some working mechanically-operated lift nets for river fishing. In this way you will enter an exceptional microcosm, a real paradise for nature lovers, amongst beds of reeds which run alongside the river bed, here you can find **marsh falcons**, royal swans, as well as **red, grey and white herons**. From one of the most evocative branches of the delta, there is a motorboat route often taken by tourists looking to discover the lagoon enter-

ing the last river mouth. Here a spectacle of rare beauty opens up before your very eyes - a village of “**casoni**” or fishermen's huts. These are buildings made of reeds and wood, guarding a fireplace in the centre and furnished with the minimum to safeguard survival. You will notice that these huts all look to the west - which is the side that is less exposed to the bora and northern winds. A wooden jetty nowadays allows the docking of the authorized.

NOT TO BE MISSED

A procession of boats on the lagoon's waters, keeping a 14th century ritual alive. On June 15th (or the Sunday immediately after) every year, the **San Vito procession** takes place in Marano Lagunare which began in order to ward off the dangers which the fishermen have to face and to commemorate those who have lost their lives in the sea.

TO TASTE

This is a land, which lives on fishing. Over the centuries therefore, great skill has been achieved in cooking entire menus based on fish. However, there is a special dish that you should try called “**el bisato in speo**”, spit-roasted eel. The best time to taste it is over Easter (when the sea eel comes up the river) and in autumn (when it returns back to the sea).

However, throughout the year (except August) it really is a delicious dish, which foresees a long cooking period. Unlike other areas, here the eel is cut into pieces, skewered together with pieces of bread and laurel leaves onto wooden skewers (the best would be tamarisk or hazel wood).

The **fasolari** (clams) are a must, as they are the protagonists of the food and wine events that animate the seaside hamlet during the summer.



↑ “Fasolari” clams

A TRAINING SCHOOL FOR BIRDWATCHERS

Another suspended backdrop, just a short distance from Marano's residential centre is the **Valle Canal Novo Regional nature Reserve**, made from a former fishing valley.

The visiting centre's buildings have been created by maintaining the traditional typology of

the local *casoni*. They are used as service buildings, restaurants, as well as educational and environmental observation points.

Moreover, thanks to the aquarium, you can get to know the numerous organisms that populate the lagoon environment.

Did you know?

Even the lagoon has its main "road" - it is the "Litorana Veneta", the commercial channel that unites Venice with the Isonzo River for more than one hundred kilometres.



← Nature Reserve Foci dello Stella



↑ Nature Reserve Valle Canal Novo



Tourist ports

- 1 Marina Stella Resort
- 2 Portomaran
- 3 Cantieri Marina San Giorgio
- 4 Marina Planais
- 5 Shipyard & Marina Sant'Andrea
- 6 Nature Reserve Foci dello Stella
- 7 Nature Reserve Valle Canal Novo.

FROM GRADO TO AQUILEIA



↑ Grado

THE NATURAL BACKDROPS OF YOUR DREAMS BEATING WITH A LONG HISTORY

A maze of islets anticipates its grace. Approaching the **Grado Lagoon** means entering a universe in which nature has created new languages, through a dense intertwining of canals and streams that lap small islands with lush vegetation such as the **islands of Barbana, the Anfora, Mota Safon and Banco D'Orio**, destinations for day trips by boat, SUP or canoe tours. For those looking for a relaxing break, the **Marine thermal baths of Grado** is located directly opposite the sea.

It is possible to dock at **Porto Mandracchio**, the true beating heart of the city, which is one of four marinas in Grado equipped with moorings and go on land to discover the authentic historic centre of the **seaside town of Grado**, which preserves authentic gems, such as the early Christian Basilica of Santa Eufemia and the Roman forum. Do not miss a walk through the alleys of the old town and through the squares to discover the **artisan shops**: you will find goldsmiths, painters, sculptors and artists who have preserved the wisdom of the ancient crafts. The tradition of fishing is firmly rooted here. It is reflected in the **traditional recipes** based strictly on fresh, local fish, to be tasted under the pergola of the *trattorias* hidden in the narrow streets of the historic centre. Or choose one of the boat or

motorboat trips with lunch or dinner on board or by stopping in a restaurant with mooring. The beach of Grado is furnished like an elegant living room, with quality services, attention to **comfort** and **safety for younger guests**, who can bathe in shallow, clean and always calm waters and take advantage of areas dedicated to play and entertainment services. Even sports enthusiasts will find an extensive and integrated offer. They can choose **between SUP, windsurf, swimming, canoeing and sailing** and increasingly popular **kitesurfing**, with two equipped spots in the resort, which are busy throughout the year. Golf and tennis enthusiasts will also find suitable facilities to cultivate their passion. In the summer period the Grado - Lignano Sabbiadoro and Grado - Trieste **maritime lines** are also active from Grado.

Grado is a destination of excellence also for **bike enthusiasts**, with a system of integrated cycle paths, a bike-sharing service in the city and organised tours and intermodal connections. Grado is also the arrival point of the **Alpe Adria Radweg** cycle path. The **two UNESCO sites** not far from Grado are also easily accessible by bike: Roman **Aquileia**, which can also be reached by sea, sailing up the Natisa river, a city to be discovered independently

through interesting guided tours to savour the charm of the imposing colonnade of the Roman forum, of the patriarchal basilica, the Roman houses such as Domus of Titus Macro, one of the largest residences of the Roman era among those found in Northern Italy and the remains of the river port, and **Palmanova** fortress city with a curious star-shaped plan and the fascinating **Historical Park of the Bastions**, an UNESCO site.

The route

- Grado Lagoon
- Island of Grado
- Aquileia



↑ Boreto a la grisana

TO TASTE

It is well known that island folk are different, and follow their own traditions. Well, this also happens in the kitchen.

Even with the “dish of dishes” from Grado the “**bo-reto a la grisana**”. Those who think that it is a simple fish soup are mistaken as this is for all intents and purposes a second-course dish - cooked with turbot or with a mixture of fish and matched with white polenta. The use of black pepper, which was

once very precious, brings us back to the ancient links with Byzantium or to the contraband with the pirates who hoarded it from Venetian galleys... In October a special event is dedicated to this typical dish in various restaurants.

Typical of the Lagoon is **Santonego**, an alcoholic infusion of marine wormwood extracted from a perennial aromatic lagoon seedling that blooms between August and September

NOT TO BE MISSED

The seaside town of Grado is animated all year round by musical festivals such as **Grado Jazz**, food and wine events, sports competitions and shows. During the Christmas period, the **Christmas Island** and the exhibition nativity scenes are set up.



↑ Grado old town
↓ Alpe Adria Radweg cycle path



AT FULL SAIL

The last week of June, the “**Graisana**” takes place on the golden isle, an appointment dedicated to yachting with regattas open to national and international teams. In this context is the “**Regata de le batele**”, a rowing boat race using the historic fishermen’s boats. The cherry on the cake is a rich cultural menu of food and wine events.

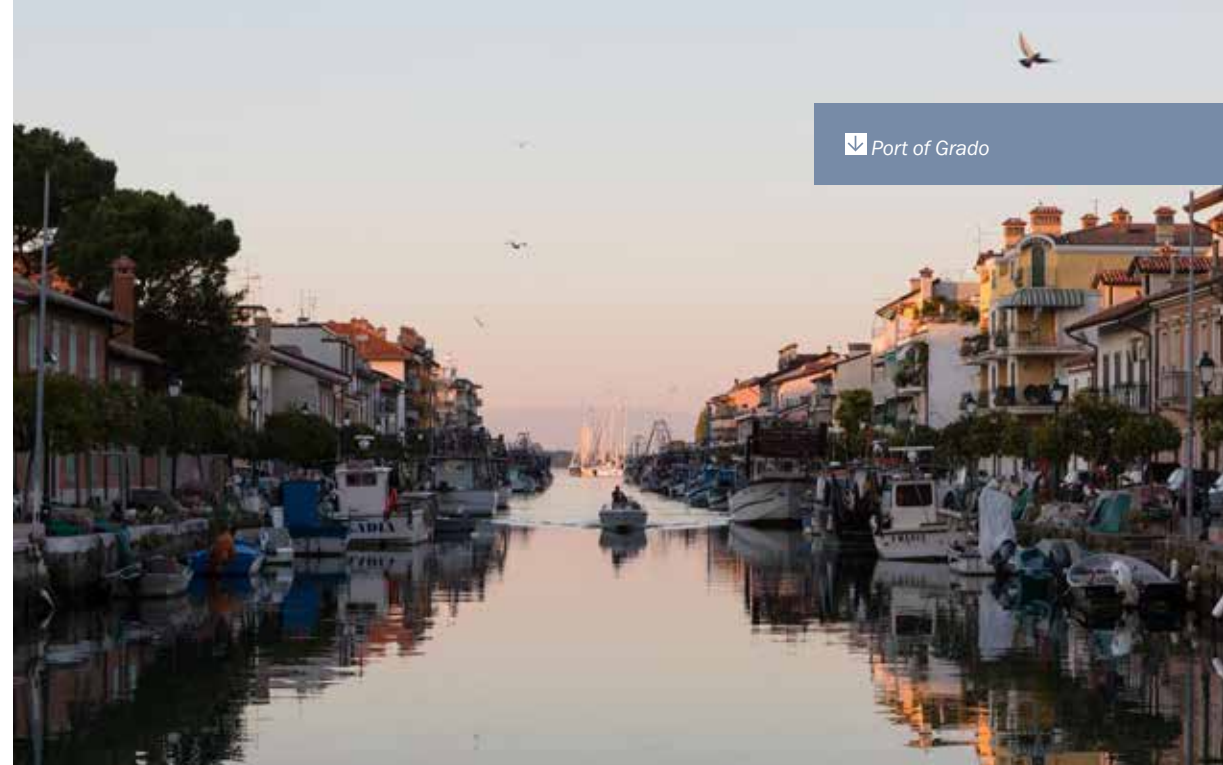


↑ Barbana Island

Did you know?

At the beginning of the 1200s, the people from Grado made a votive offering to the Madonna di Barbana to beg her put an end to the terrible plague, which had hit the town. Their prayers were answered and since that day, every first Sunday in July the fascinating “Perdòn di Barbana” festival is celebrated.

An evocative procession of boats, decorated with flowers, garlands and flags reaches the Marian Sanctuary of the Isola di Barbana to absolve the town’s ancient votive. Following a Mass, the procession returns to Grado amongst song, prayer and a festive tolling of the bells. The Sanctuary of Barbana is the starting point of the Cammino Celeste (Heavenly Way), the pilgrimage route that connects Grado to the Sanctuary of Mount Lussari.



↓ Port of Grado



Tourist ports

- 1 Marina di Aquileia
- 2 Darsena Navigare 2000
- 3 Darsena San Marco
- 4 Porto San Vito
- 5 Marina Primero



Landing places

- 1 Port of Grado
- Locality of Mandracchio (short stops)

● Golf Park

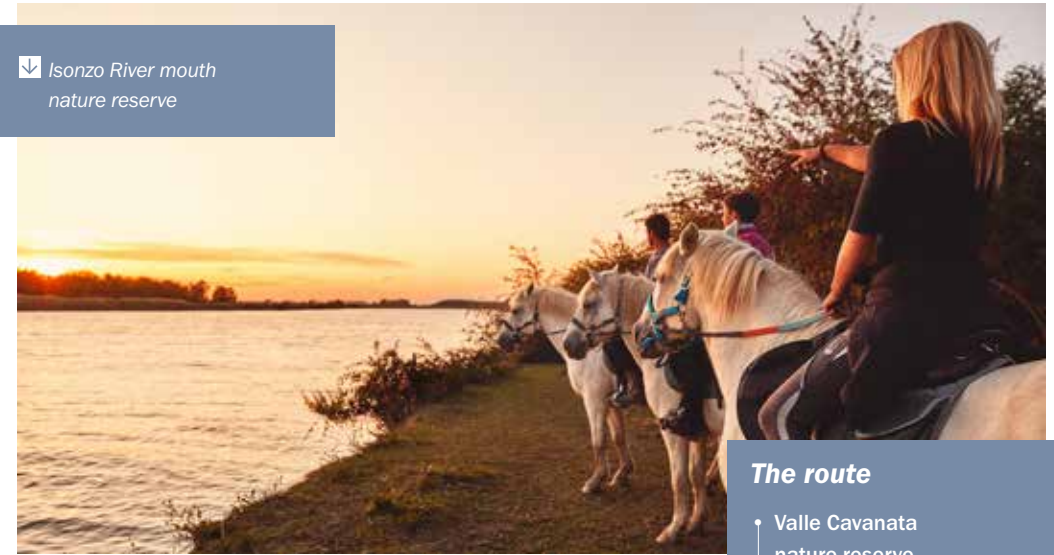
● Acquatic Park of Grado

FROM THE VALLE CAVANATA TO MONFALCONE



↑ Nature Reserve Valle Cavanata

↓ Isonzo River mouth
nature reserve



The route

- Valle Cavanata
nature reserve
- Isonzo River mouth
nature reserve
- Monfalcone

FROM THE BIRD WATCHING CALM TO THE DYNAMIC REALITY OF SHIPBUILDING

At a certain point the coast wedges to the north, almost as if striving to enter the land. Here are located Monfalcone and Panzano Gulf. From a long time ago, accompanied by the flight of seagulls, you will notice the cranes of the shipyard where **large and prestigious cruise ships** are launched. Almost as a contrast, this strip of throbbing life is introduced by stretches of coastline where nature reigns undisputed, accommodating the **vast beach of Marina Julia**, renowned windspot reference point for fans of wind sports such as kitesurfing and windsurfing, and **nature reserves** of enchanting beauty. Beginning with the **Valle Cavanata**, situated on the easternmost part of the Grado lagoon and reachable from the town via a spectacular

cycle path. This area of international value was used in the past as a fishing valley, is a true paradise for **birdwatching**. Between the sandbars and little beaches you can find here numerous species of aquatic birds, which find optimum conditions for stopovers and nesting. Special itineraries will enable you to view them in their natural habitat. Moving onto the **Isonzo River mouth nature reserve in Staranzano**, opening onto breathtaking panoramas over the Gulf of Trieste. Turning into a pathway on the gangway, you will only hear birdsong and the rustling of the reeds, caressed by the wind. However, in this magical place, outlined with fresh water marshland, beds of reeds, humid prairies and fluvial flood plains, you

can even go on horseback and take an excursion in a boat or paddling in canoe. A few herds of **Camargue horses** also live here. Observe the animals in buildings that have been harmoniously built to fit into their natural surroundings, and taste authentic moments of peace and tranquillity. Within this area, you can taste typical dishes and spend a night in the spacious and welcoming tourist shelter. **Monfalcone** reveals unknown historical and cultural events to the visitor and is one of the capitals of world shipbuilding where the so-called “queens of the sea” are built. The great second-generation cruise ships that combine technology and design are typical of the Monfalcone shipbuilding industry. The story is told by the **MuCa**, the

Museum of Shipbuilding – the only one in Italy dedicated to the topic – based in the former Workers' Hotel of the **Village of Panzano**, a district of Monfalcone designed in the 1920s to accommodate workers in the shipbuilding sector. The preservation of the ancient art and craft of shipwrights is also part of the deep-rooted shipbuilding tradition of Monfalcone. Know-how and tradition are still intertwined today thanks to artisans specialising in constructing new custom boats, refitting and maintenance, especially in wood.

The town also reveals an unseen historical façade, as in the **stronghold** of its medieval origins and the town's symbolic monument with the **Palaeonto-**

logical Museum. To treat yourself to a relaxing break between one visit and another in the city, there are the Roman Baths of Monfalcone.

Around the town the **"Parco tematico della Grande Guerra"** (Great War Theme Park) is particularly moving where you can immerse yourself in the period between 1915 and 1918 and walk along the trenches and walkways.

Beginning from the Sacrarium in **Redipuglia**, which with its one hundred thousand fallen soldiers is the biggest First World War memorial in Europe. From the imposing stairway created in white Karst stone, you can undertake the journey back in time. The top of the Sacrarium is connected to an observato-

ry to enable you to identify the many Great War Battle Grounds. Then, in Fogliano Redipuglia there is an **Austro-Hungarian cemetery** and on the Sant'Elia hill we can find the **"Parco della Rimembranza"** (Park of Remembrance), an avenue of steps and memorial stones containing reproductions of relics and epigraphs from the Cemetery for the Thirty thousand warriors who once occupied this area. Not far away, in Sagrado, there is the **Museo Multimediale del Monte San Michele**, mentioned as one of the forty best digital projects in the world.

Do not miss a visit to **Gorizia**, a border town that in 2025 will be the capital of European culture together with the nearby Nova Gorica.

TO TASTE

It is not only the fish that enriches Friuli Venezia Giulia's cuisine, but also the shellfish and molluscs.

Moreover, amongst the latter an important position is held by **cuttlefish**, which come up to the coast in springtime - after the fishermen have captured them with gill nets and creels, they are

taken to market whilst still alive. The best season to taste them continues well into the summer. Alongside the cuttlefish, soups and salads are prepared and pastas and risottos are made with the sepia. A traditional recipe is the **"seppie in umido"** (stewed cuttlefish).

↓ Fogliano Redipuglia, Mazzoldi Trench



↓ Museum of Shipbuilding MuCa

THE CHARM OF A SPECIAL KIND OF ENVIRONMENT

The Karst is a landscape that is particular to itself, harsh and fascinating, mysterious and resolute, where valleys are dotted with smoke tree bushes and thorny shrubs such as juniper. At the centre of this particular setting, not far from Monfalcone, we can find the **Doberdò and Pietrorossa Lakes nature reserve**, whose basins were formed thanks to singular geological phenomenon. The Doberdò basin is one of the few examples of a Karst lake in Europe.

NOT TO BE MISSED

In the months of July and August, the **Monfalcone Estate** event takes place. This traditional festival involves the entire Monfalcone area and offers a calendar of cultural activities and live events dedicated to all age groups. Quality shows are offered, including the **Marina Julia Summer Festival** and the well-known **"International Festival of Street Artists"**, which animates the city centre and the beautiful coastline.



Did you know?

In Fossalon di Grado, between the Valle Cavanata and the Isonzo River mouth, there is a product of excellence - the white asparagus. The turion is made to grow completely underground and harvesting takes place in the months of April and May. During this period, a number of exhibitions and wine and food reviews are organized such as "Asparagi in Laguna" (Asparagus in the lagoon). This "king of garden vegetables" as it is described, is proposed alongside fish and other typical regional products, such as San Daniele ham. A tasting of it should not be missed together with the great white wines from Friuli Venezia Giulia.



-  Tourist ports
- 1 Marina Hannibal
- 2 Marina Lepanto Resort
- 3 Ocean Marine
-  Parco Tematico Grande Guerra
-  Museo della Cantieristica di Monfalcone, MuCa
-  Museo Multimediale del Monte San Michele
-  Laghi di Doberdò e Pietrarossa nature reserve
-  Valle Cavanata nature reserve
-  Isonzo River mouth nature reserve
-  Windspot Marina Julia

FROM DUINO TO SISTIANA



↑ Duino Castle

ALONG THE COAST OF WHITE CLIFFS, SURROUNDED BY SMALL PEARLS AND FISHERMEN'S HAMLETS

Myths and ancient legends echo persuasively in the land that looks at the sea from above. A land that has inspired **poets, musicians and writers**. Here, where the White Lady speaks to you about her wicked husband who threw her from the wall of an ancient castle. However, the sky took pity on her, by giving her a body of rock before she smashed against the cliffs. Her spirit is still there in a rock overhanging the bay, close to the remains of the old manor house in Duino. On certain nights, she comes to life and wanders without finding peace. A place like this could not but stimulate your imagination. Here where the Karst highlands meet the sea, and for this encounter makes itself all the more beautiful, clothing itself with high and white cliffs, a paradise for climbing enthusiasts. Before arriving in **Duino** however, you will pass through other magical places. Such as the "**Villaggio del Pescatore**" (Fisherman's village), a little marine hamlet where it is not unheard of to catch sight of anchored fishing boats, with their crew cleaning fish or repairing their nets.

The White Lady, whose legend indissolubly links to the remains of the ancient manor house is not the only beauty to be found in Duino. Up there, is a lookout over one of the most enchanting stretches of coastline in all of the high Adriatic, castled on a spur of rock which descends in a sheer

drop to the sea, in fact, **Duino Castle** appears in all its beauty, a composite and massive building, over which its sixteenth century tower stands out resting on a two-thousand year old foundation. In addition, it is around this tower, on the ruins of a Roman outpost, that the building of the current castle were built, not far from the old one.

Here the numerous furnished rooms can be visited together with the tower, the chapel and the park. The **Rilke footpath** begins close to the manor house. The name comes from the poet Rainer Maria Rilke, a guest at the castle in 1911 and 1912; it was here in fact that he gained inspiration for the verses of his "Elegie Duinesi". In the area, the **Duino Cliff nature reserve** has been set up, with a host of tracks that witness the passage of the central European climate to the middle European climate, amongst black pine trees, Holm oaks and hornbeams. There are also numerous animal species, such as the **peregrine falcon**. The pathway takes you down as far as **Sistiana** where there is a tranquil bay whose little port is enlivened at night by the musical and entertainment interludes. The beaches with small pebbles are equipped and suitable also for children.

The beaches of the Sistiana Bay represent a privileged starting point for suggestive SUP and canoe excursions under the Castle

of Duino and sailing and wind-surfing courses. Not far away, an ambitious project within the framework of Urban and Environmental Rehabilitation created **Portopiccolo**, a high quality holiday resort with marina with 121 berths, a beach club with private areas, terraces and swimming pools, spa, medical spa, restaurants, hotels and residences with sea view. In the direction of Grignano, bays and well cared for seaside resorts follow one another along the coast. In **Canovella** there is an ample free beach as well as a little port, so too **Santa Croce** where you can come across fishermen intent on repairing their nets. Then, gushing onto the Filtri beach are fresh water springs, which are ideal for a natural whirlpool bath. The **Costa dei barbari** (Barbari Coast), enchanting and wild, has become a nudist paradise.

The route

- Risorgive del Timavo
- Villaggio del Pescatore
- Duino
- Sentiero Rilke
- Sistiana
- Santa Croce

NOT TO BE MISSED

Such an enchanting place that it could even capture Virgil's imagination, as he cites it in his Aeneid. A place that has always given rise to strong emotions over the centuries. The holder of all this charm is the **shortest river in Italy**: the Timavo, which runs hidden within the depths of the earth for dozens of kilometres, coming to the surface with unseen beauty. In

San Giovanni, in the municipality of Duino Aurisina, about two kilometres from its outlet to the sea, you can admire three very clear **resurgent rivers**. Nearby you come to the gothic San Giovanni in Tuba church, which conserves the mosaic flooring from the early Christian basilica, as evidence of the **ancient cults** worshiped here, such as ceremonies for the enigmatic

god Mitra, which took place in a cave. The karst promontory has also evocative natural attractions, such as the Grotta Gigante in Sgonico, and the Grotta Torri di Slivia in Duino Aurisina.



Did you know?

From the Sistiana Bay advancing inland, nestled in the territory of the Trieste Karst are the **osmize**: characteristic places where you can taste the typical products such as local cheeses and cured meats, directly in the homes of the farmers who produce them, enjoying a privileged view of the Gulf of Trieste.

TO TASTE

In between cuttlefish salads, pasta with "sardoni" (as the anchovies are called here), grilled 24 25 sea-bass fillets and fried sardoni, you are spoilt for choice. The fish here is also bred on fish farms. Like the mussels, known as **peoci**: "a la scotadeo" which, according to ancient tradition are sautéed in a frying pan until they open.



↑ The Sistiana Bay



Tourist ports
1 Portopiccolo



Landing places managed by sailing and sporting associations
1 Porticciolo del Villaggio del Pescatore
2 Porticciolo di Duino
3 Porticciolo di Sistiana
4 Porticciolo di Santa Croce (short stops in free spaces)

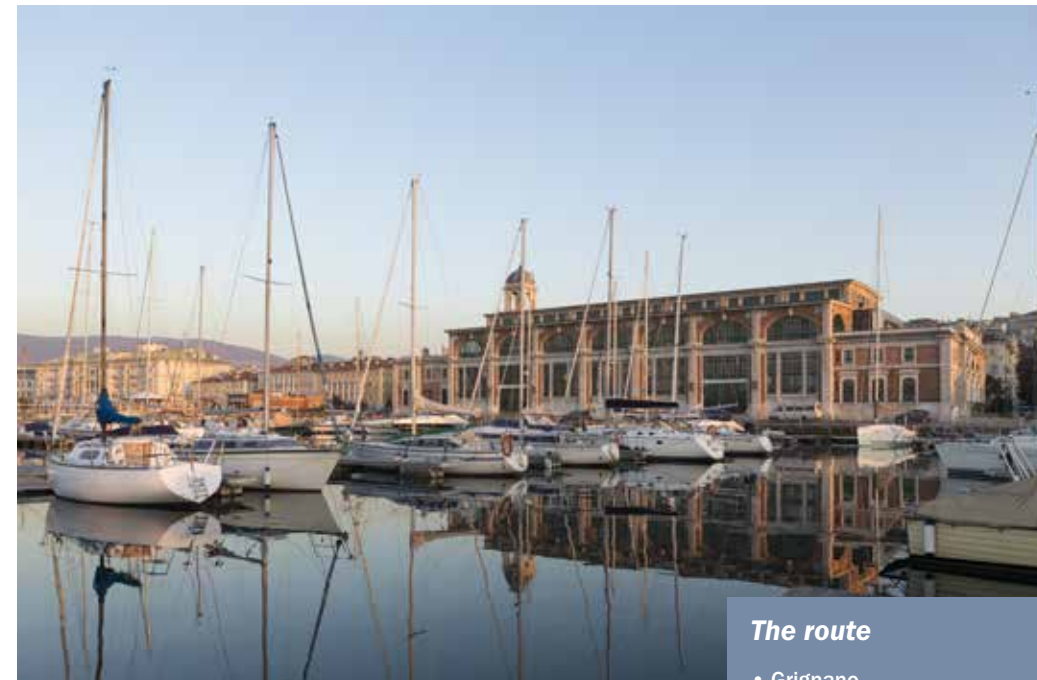


Falesie di Duino Nature Reserve
Duino Castle

FROM MIRAMARE TO TRIESTE



↑ Miramare Castle



The route

- Grignano
- Miramare Castle and park
- Trieste

DISCOVERING CENTRAL EUROPE'S MARINE HEART

An elegant “outpost” for the town of Trieste, which announces the town’s beauty. Moreover, in the same way, protecting itself from the sea with its candid grace is the **Castello di Miramare** an eclectic building built in the middle of the 1800s. In order to reach it you can moor your boat - when the weather permits it - on the external jetty of the little port of **Grignano**. Here you cross a set of steps and enter the enchanting **Park of Miramare**, where plants and trees from all over the world have been planted. After it you can come to the castle, which was the backdrop of the love story between Charlotte of Belgium and the Archduke Maximilian of Hapsburg, which was

interrupted by the nobleman’s tragic death in Mexico. Inside, you will admire the private apartments, the guest rooms, the rich library and the magnificent throne room with portraits of the Hapsburg family. Trieste is easily reachable by boat from Grado. Moreover, the maritime line that connects Trieste with Muggia is active all year round. The cycling tourist can benefit from this service by simply loading the bicycle on the boat.

At the foot of the headland there is **Miramare Marine Nature Reserve**, which was the first marine park to be instituted in Italy. There you can go deep-sea diving and take guided tours of seawatching which allows you to

observe a wide variety of environments. Hosted in the former Stables of the Miramare Castle, the **BioMa**, the fascinating **immersive Museum of AMP Miramare** where the micro-environment of the marine reserve is represented through videos, 3D reconstructions, sound shows to listen to the sound of the sea and a special “touch tank” aquarium.

After Miramare, the coast opens up completely and is all for their lady: **Trieste**, the Central European “marine” queen, which is foretold by the spirit of its people. People who welcome every opportunity to live the sea, and who populate the **Barcola Riviera** - with its beaches and kiosks



- sunbathing, diving into the sea or taking a simple walk. Just after Barcola, up on high towards the Karst headland, you will notice a large lighthouse: this is the **"Faro della Vittoria"** (Victory Lighthouse), which besides illuminating the gulf and aiding the navigators, is also a commemorative memorial dedicated to the sailors who lost their lives in the First World War. Successively we arrive in the **heart of the city** - yes, because in Trieste the sea actually seems to enter the built-up areas; a sea in which elegant Hapsburg buildings almost mirror themselves. You are in the city of **literature**, of many religious cults, coffee and some beautiful historic cafés of art and science. A city that holds the charming **Piazza Unità d'Italia**, one of the most beautiful and largest squares in the world overlooking the sea. Trieste with its many faces - you can lose yourself amongst the **antique shops** in the little side alleys in

the **"città vecia"** and in the Jewish ghetto on the streets of Borgo Teresiano; taste the best **coffee** mixes or delicious *presnitz* in the cake shops where **James Joyce** used to go, or recognize the footpaths and atmospheres described by **Italo Svevo** and **Umberto Saba**. Then you could discover the synagogue, the Greek-Orthodox and Serb-Orthodox churches, the Evangelical Lutheran Church as well as the Swiss and Waldensian ones. The Cathedral and the Castle of San Giusto are located on a hill that offers an incomparable view over the gulf. A stone's throw from the sea is the Grand Canal of Borgo Teresiano, one of the oldest districts, built around the mid-18th century by Maria Theresa, the first empress of Austria. Look along the edge of the canal, at number 12 of Via Rossini. You will see a **graduated stone** that **marks point zero of the sea level**, the **"Nullpunkt"**, and tidal ex-

cursions. Built in 1785 at the behest of Emperor Joseph II, son of Maria Theresa, the hydrometer became the cartographic reference of the entire Austro-Hungarian Empire. Also worth a visit is the **Cavana** district, an ancient shelter for boats, which then transformed into a red-light district until the second post-war period.

NOT TO BE MISSED

Every year, on the second Sunday of October the **Barcolana** takes place in the gulf of Trieste, an international regatta, which over the years has become the competition with the largest number of participants in the world. The scene that it offers is an incredible palette of color, with more than two thousand boats coloring the sea. There is no shortage of events related to the sailing competition that animate the city even in the weeks before the regatta! The TOP locations to attend the regatta:

- from the **Napoleonica**, **panoramic walk** from the Obelisk of Opicina to the rock gym of Prosecco
- from the **Faro della Vittoria lighthouse**, open for the occasion also in the morning;
- from the **shores of Trieste** to celebrate the winner arriving opposite Piazza Unità;
- from the **Seafront of Muggia** to witness the arrival at the first buoy;
- directly from the **sea**, on board one of the participating boats!

TO TASTE

Anchovies are the most common fish in the Gulf of Trieste. Here they are known as **"sardoni"** and are either fried, breaded or **"in savôr"** that is fried and marinated with vinegar and onion. This recipe has ancient origins - the **savôr** from Trieste was

created from the necessity to preserve the enormous quantities of **"pesce azzuro"** (mackerel, sardines and anchovies) fished in the gulf, when there weren't any refrigerators or freezers.



↑ Sarde in savôr

VIEW OF THE SEA

The **Trieste Golf Club** offers an 18-hole course set at an altitude of 350 metres between the rugged and characteristic

Karst hills on one side and the sea on the other. From here, you can admire the splendid views over the Gulf of Trieste.

Did you know?

If you hear a man from Trieste say that he is going to the “bagno”, don’t think him to be of little taste. Going the “bagno” in Trieste is like saying going to the sea. In addition, in the city is located the only “bagno” - that is the only bathing establishment - in Europe with separate areas for men and women. We are talking about the Lanterna, also known as the Pedocin, a historic bathing establishment that was created at the time of Maria Teresa d’Austria and together with Ausonia, is positioned in the centre of the city.



↑ Barcolana



↑ Canal Grande, Trieste



□ Tourist ports
1 Marina San Giusto

📍 Landing places managed by sailing and sporting associations
1 Porticciolo di Grignano
2 Porticciolo Cedas
3 Porticciolo di Barcola
4 Trieste: by the sailing clubs along seafront (Rive) leaving free the space for the ferry (managed by the Harbour of Trieste)

● Miramare Marine Nature Reserve
● San Giusto Castle
● Miramare Castle
● Golf Park
● Faro della Vittoria
● Bioma, Immersive marine museum

FROM TRIESTE TO MUGGIA



↑ Muggia, Duomo



The route

- Trieste
- Muggia
- San Bartolomeo
- Val Rosandra

FRONTIER WATERS TOGETHER WITH ENCHANTING AND RUGGED NATURE

On the last strip of Italy, the coast seems to fold in on itself. Here the Bay of **Muggia** opens up and is the only Istrian town that has remained under Italy. Arriving in the **picturesque dock**, it seems like you are almost going into the “calli” narrow streets and little squares. Moreover, you will immediately be immersed in an enchanting atmosphere that is clearly built in the **Venetian mould**. Not only the architecture but the dialect, the customs and the food and wine traditions too, an intense past shared with the Serenissima filters through. Muggia is a place where people speak “mugjesan”, Istrian-Venetian dialect. Looking out to sea, the white stones of Istria and its colored houses create a harmonious whole alongside the verdant Karst hills. Framing it are seven kilometres of coastline and a crown of hills, which panoram-

ically dominate the vast area, both on the Italian and on the Slovenian side. Before the year 1000, the marina developed in a valley in a little town that was called Borgolauro - from this new hamlet, in the 1200s, the town of Muggia came about. From this time the **cathedral** and **town hall** remain, being rebuilt in the 1900s. But up there, high on the headland overlooking the port, one speaks of a more ancient history - there is even evidence of the proto-historic fortified **hamlets** of Santa Barbara and Muggia's old town, Muggia Vecchia, with its **romanic basilica** (Santa Maria dell'Assunta, 9th century), the only evidence, apart from the ruins of the old walls, of its Roman and medieval past. From here, you can enjoy a magnificent view **over the Gulf of Trieste**. The Castle in Muggia, on the other hand, dates back to

the 1300s, even though it has been reshaped over the centuries. Once it crowned the circle of walls around the town. The curious thing is that the inhabitants of Muggia have little by little used its original sandstone blocks of stone in order to build their own houses. Still today, a special kind of air is breathed in this part of the world, walking in the characteristic “calli” narrow streets and in the splendid **Marconi Square** which is the throbbing heart of the town, or stopping in the Mandracchio to watch the fishermen working. Moreover, in the surrounding areas, there are the comfortable and shady **bathing establishments** and a dog-friendly park.

The waterfront area between Punta Sottile and Punta Olmi is a stretch of coast equipped with play areas, benches, sports facilities.



↑ Nature reserve Val Rosandra

The little marina in **San Bartolomeo** is very charming. Mooring your boat, by taxi you could reach **Val Rosandra**, which is of a very high naturalistic value and which extends in a valley beside Muggia. For trekking lovers, there is an 18 kilometre route that goes from the Istria-venetian town arriving in the Premuda Refuge, at the gates of the valley. Leaving from piazza Marconi, it goes up to the hamlet of Santa Barbara coming out on a special pathway onto the Via Alpina circuit, touching San Dorligo della Valle and then onto the refuge. Here you will discover a landscape and animal life that is the expression of a contact area between the alpine territory and the sea, and there

is even a **Roman aqueduct** built to supply Tergeste water to ancient Trieste. The **Val Rosandra** was created thanks to the erosion phenomenon provoked by the Rosandra torrent, a fascinating waterway that flows in a particularly fast-flowing course. It advances quickly along steep slopes forming small cascades, transparent water wells and gentle flow. There is even a **36-metre waterfall**. The valley expresses itself with white and imposing faces, which are the goal of many sportsmen and climbers.

Its practice **rock wall** is famous with its climbing courses of different levels of difficulty. Numerous itineraries lead excursionists to discover the **caves** with

their ancient inscriptions, ruins of ancient castles and walled hamlets, running alongside streams and places where you can enjoy an extraordinary view of the Gulf of Trieste. Moreover, on the former railway track there is now the Cottur cycle and pedestrian path which runs along the former railway track, starting from the centre of Trieste, in the district of San Giacomo, and leading to Slovenia. From Muggia starts Via Flavia (Walkart project).

NOT TO BE MISSED

An explosion of colors and happiness and a very warm involvement. The **Carnival of Muggia**, which in local dialect is called Carneval mujesan, is one of the oldest in Italy - it was first documented in the 1400s. The event involves the entire population with the decoration of allegorical floats and the creation of sumptuous costumes for the masks procession.



↑ Muggia old town

TO TASTE

In Muggia dishes are prepared which can be linked back to Istrian and sometimes Dalmatian, Venetian, Hapsburg and Slovenian traditions. Amongst these, seafood cookery occupies the first place. Try the **"scampi a la busara"**, cooked with tomato, that are served either in the container they are cooked in or in individual earthenware bowls, together with slices of polenta or toasted homemade bread.



↑ Historical Regatta



↑ Tergeste Olive oil



Did you know?

Muggia's Town hall is decorated with a lion that is a clear reminder of the Serenissima. It does, however, have a peculiarity: it is clutching a closed book, to hide the word pax, which in these lands was always a risk. The Hapsburgs were not able to conquer Muggia and its history is shared between Istria and Venice and not with imperial Trieste.

A REGATTA WITHOUT FRONTIERS BETWEEN ITALY AND SLOVENIA

Every year a large event embellishes Muggia's coastline - a sailing regatta Muggia- Porto-rose-Muggia -Three Gulf international - with an outline of entertainment and wine and food products, as well as music and folklore.



↑ Muggia



Tourist ports
 1 Porto San Rocco
 Marina Resort

Landing places managed by sailing and sporting associations
 1 Porticciolo di Muggia
 2 San Bartolomeo
 (short stops in free spaces)

Parco Archeologico di Muggia Vecchia
Val Rosandra Nature Reserve

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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

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