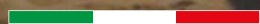


# THE SEA



ONE HOLIDAY,  
ENDLESS POSSIBILITIES

IO SONO  
FRIULI  
VENEZIA  
GIULIA



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

ENG

# FVG card

Your pass to experience Friuli Venezia Giulia

**48 hours** or **7 days** of excitement, culture and... fun.  
A single Card for il Friuli Venezia Giulia.



## How CONVENIENT is it for you?

A weekend in Friuli Venezia Giulia at “full price” featuring visits to iconic sites such as the **Basilica of Aquileia**, **Miramare Castle** in Trieste, the “**Grotta Gigante**” cave on the Karst or the **Lombard Temple** in Cividale del Friuli and at least one guided tour would cost approximately **€ 43**.

With the **48-hour** FVGcard there are savings of up to **€ 13** with the opportunity to explore so much more!

### Included with the FVGcard free of charge

- Access to the main museums and attractions in Friuli Venezia Giulia
- Guided tours
- Audio tours
- Hiking tours in the mountains and hills
- The Passport of the Friuli Venezia Giulia Wine & Taste Route, featuring tasting opportunities in the participating wineries.

### WHERE the FVGcard is sold

- PromoTurismoFVG Infopoints
- Affiliated sales partners
- Online at [www.turismoFVG.it/fvg-card](http://www.turismoFVG.it/fvg-card)

*The FVGcard also extends its benefits to 1 child under the age of 12. Free admissions can be used only once for each facility or service. The discounts are only granted to FVGcard holders.*



*Discover all the  
benefits*

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## A UNIQUE COAST, JUST LIKE OUR HOLIDAY!

Overlooking the Upper Adriatic, a view of the sea northeast of Italy. A riviera that embraces the seaside resorts of **Lignano Sabbiadoro** and **Grado** and hosts the paradisiacal contexts of the Lagoons of Grado and Marano, the windspot of Marina Julia, the **Bay of Sistiana** along with the rugged coasts of the **Gulf of Trieste** and the seaside village of **Muggia**.

130 kilometres of coastline to cover on foot or by bicycle along the many cycling routes, travelling by car, motorbike and camper or using public transport lines, with the knowledge that the landscape is a delight to be enjoyed on the **Strada del vino e dei Sapori** (on the **Route of Wine and Flavours**).

## GLI HIGHLIGHTS UNA COSTA CON I NUMERI GIUSTI:

- 130** kilometres of coast
- 64** bathing facilities
- 5** nature reserves
- 2** lagoons
- 9** theme parks
- 4** seaside villages
- 9** water transport lines
- 2** walking paths
- 26** marinas with **14.000** boat mooring places
- 3** cross-border bike routes
- 2** spa centres
- 65** eating locations - **Strada del Vino e dei Sapori** (Routes of Wine and Flavours)





## RIDING THE WAVES!

***SUP, kayaking, canoeing, windsurfing, sailing, kitesurfing, many courses, games and sports activities on the beach for all ages. But also yoga classes in the early morning, boat trips to sail from the main seaside resorts, travelling to natural paradises that leave space for bike paths, food and wine stops, guided tours and experiences between land and sea... Before returning to your favourite sport.***

## UNPLUG... TO RECHARGE OUR BATTERIES

**Slow tourism, open spaces and clean air** are the backdrop to **regenerating experiences and adventures in safety**, such as canoe trips along the waters of the Stella River

Reserve, meetings "up close" with the herd of Camargue horses in the Natural Reserve Foci dell'Isonzo, sea watching of the seabed of the Miramare Protected Marine Area and

excursions into the depths of the caves in the Karst... Every moment is the right time to **recharge your batteries in nature.**



## DO YOU KNOW THAT...

*In the summer, the main seaside resorts and villages are served by an efficient system of maritime routes to navigate from the beaches to the lagoons, under castles overlooking the sea and beautiful cliffs.*



## ALL ABOUT FUN

Many places to enjoy, and even more cycling paths. A network that connects the main seaside resorts and the inland areas, to be reached with your own bike or taking advantage of bike sharing services, rentals, intermodal

transport and a calendar of bike tours combined with food and wine, historical, naturalistic and boat excursions. The great cycling routes should not be missed **FVG2 – Mar Adriatico cycling route**, part of the **Adriabike**, FVG1 – Alpe

**Adria cycling route FVG6**, – **Tagliamento river cycling route**, to be covered even in small stages, always taking advantage of the convenient transport.

## CITIES AND HAMLETS. SMALL LOCATIONS...

Great traditions, culture and hospitality are alive in the people who inhabit the streets, squares and buildings that have made history.

Some people like to take a break in the historic cafes

of Trieste; others launch themselves into time travel among the finds of the **ancient Roman Empire of Aquileia**; others still want to reach the stars in the **famous nine-pointed fortress of Palmanova**

and those who seek an even more human aspect and find it in the **seaside villages** of Marano Lagunare, Grado, Duino and Muggia.



### JUST A CLICK AWAY!

Discover the many itineraries and services on the FVG Outdoor app or the website:  
[www.turismofvg.it/bike](http://www.turismofvg.it/bike)

Alpe Adria cycling route, Grado

## A TERRITORY TO BE DISCOVERED THROUGH ITS FOOD AND WINE

Meet at the table to rediscover new flavours, explore the lagoon from its oldest dishes, taste the fish caught by a traditional lift net, and be surprised by the many port restaurants. Taste a wine under the stone vaults of a cellar, and with that first sip, feel the taste of time passing.

**La Strada del Vino e dei Sapori (The Route of Wine and Flavours) of Friuli Venezia Giulia** welcomes those who love good drinking and excellent food in **six valuable routes that lead to the discovery of agri-food companies, restaurants, vineyards and food and wine routes** to remember and try again and again, with infinite pleasure.

Do not miss the cycle tour to discover the regional wines and **taste the best white wines in Europe**, produced here for generations, together with excellent red wines.

And for those who love sustainability... there are products **branded IO SONO FRIULI VENEZIA GIULIA** (I am Friuli Venezia Giulia) which certify the commitment of producers who every day pursue **the values of environmental, economic and social sustainability** for the territory.



Seafood specialties

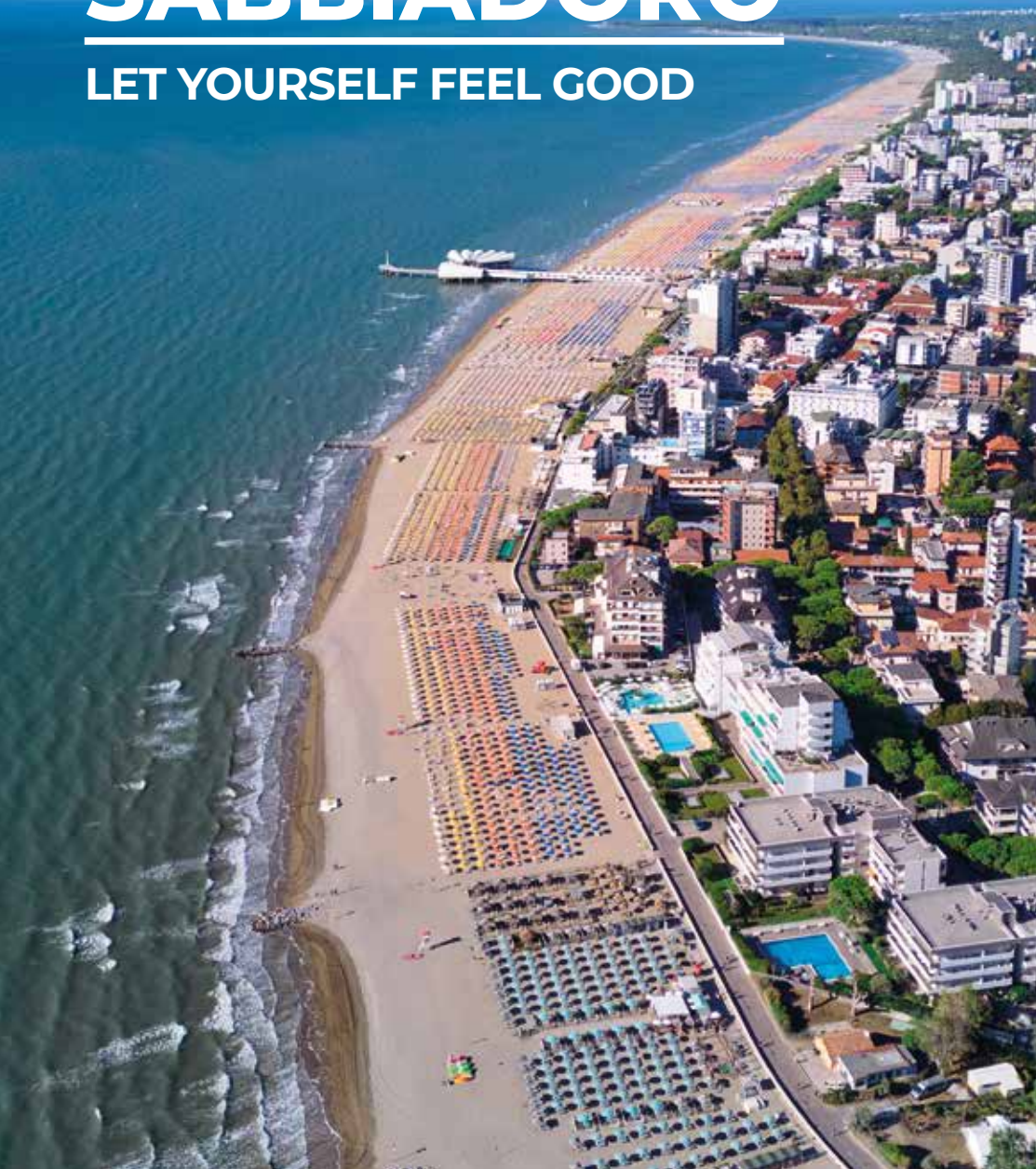
## SUSTAINABILITY IS SERVED

Taste the flavours of Friuli Venezia Giulia in kiosks and restaurants on the beaches of Friuli Venezia Giulia. Here, you will find local specialties that tell the story of the region through the traceable and sustainable products branded **IO SONO FRIULI VENEZIA GIULIA** (I am Friuli Venezia Giulia).



# LIGNANO SABBIADORO

LET YOURSELF FEEL GOOD



Lignano Sabbiadoro

## SUNBATHE BESIDE THE SEA, RIVER OR LAGOON

A **long golden peninsula** suspended among the emerald branches of the Tagliamento River, the peaceful and salty motion of the Marano lagoon and the waves of the Upper

Adriatic. Lignano Sabbiadoro is not only **one of the most famous Italian seaside resorts**, but it also boasts a **huge pine forest of over 1,200,000**

**plants**, a green lung where you can immerse yourself in the unusual forest bathing, just a short walk from the sea, before returning to the beach, the nightlife, or some sport.

## LIGNANO SABBIADORO. ENJOY THE SPORTS

A gym overlooking the sea, where you can **always raise your personal bar** among bike paths, slow trails in nature, sports villages on the beach, schools and associations to

practice all kinds of water sports. Lignano Sabbiadoro is also an open-air grandstand for fans and enthusiasts of all ages who can count on a **solid calendar**

**of national, European and world competitions.** That's why this seaside resort is also called the "City of Sport".

## LIGNANO SABBIADORO. ENJOY THE CYCLING

**Starting from Lignano Sabbiadoro** to discover the inland area by bike, boat, or combining both solutions is a continuous succession of slow experiences, intermodal tourism, and glimpses into nature, among fauna and flora. **Thanks to the numerous loop**

**routes starting from Lignano**, you can choose to "park" your bike always in beautifully different places, such as the picturesque seaside village of Marano Lagunare with the Canal Novo Nature Reserve, or Cordovado, one of the Most Beautiful Villages in

Italy, famous for its medieval village with towers and historic gates, or the wineries in the DOC Friuli-Latisana area. Don't miss the Ariis river park, with the regional aquarium and the Venetian villa Ottelio Savorgnan, associated with the legend of Romeo and Juliet.



Beach in Lignano Sabbiadoro



## THE UNMISSABLE 4

*The iconic places among the beaches of Lignano Sabbiadoro*

- 1 Faro Rosso**, a romantic mooring that opens to the Lagoon
- 2 Terrazza a Mare**, an evocative platform in the middle of the sea, with a bar and restaurant, currently under renovation
- 3 Estuary of the Tagliamento River**, a meeting between the waters of the River and those of the Sea
- 4 The Pagoda**, pier at Lignano Pineta, panoramic and refreshment area in the middle of the sea



Sailing lessons in Lignano Sabbiadoro

## LIGNANO SABBIAADORO. ENJOY THE BEACHES

**8 kilometres of golden beach** and **39 super-equipped bathing establishments** alternate along the peninsula of Lignano Sabbiadoro to offer every person, family, or group of friends **a different way of enjoying their summer.**

## WHY DO FAMILIES LOVE THE BEACH OF LIGNANO SABBIAADORO?

### CHILD-FRIENDLY

For over ten years, the beaches of Lignano Sabbiadoro have been awarded **the prestigious Green Flag**, issued by Italian paediatricians, to the seaside resorts that have the best beaches for children in Italy.

### SAFER AND HAPPIER!

**The sea is calm and clean**, and you can have fun between dives and splashes in safety, **the shallow seabed** gently slopes out to sea with a **large**

**beach** where even the little ones can play in peace among sand castles, slopes and tunnels.

### EVERY COMFORT AND EVEN MORE

Bathing establishments equipped with well **spaced-out umbrellas, hot showers and nursery, restaurants and kiosks** overlooking the beach, where you can enjoy a lunch with a sea view and eat an ice cream before returning

to play on **slides, swings and inflatables just steps from the beach umbrellas!**

### FUN FOR EVERY AGE

**Everyone can enjoy the adrenaline** among towed buoys by motorboats, banana boats, parasailing, participating in entertainment programs on the beach, with mini clubs, baby clubs, and games of beach volleyball, basketball and beach tennis.



## DID YOU KNOW THAT...

*On the beach of Lignano Sabbiadoro and Lignano Riviera, there are **two among the tallest rubber slides in Europe!** As many as 15 metres of new thrills for the little guests looking for fun!*

Parasail in Lignano Sabbiadoro



## LIGNANO SABBIADORO. ENJOY THE EXCLUSIVITY

The VIP resorts of Lignano Sabbiadoro welcome guests who do not want to give up luxury in **areas dedicated**

**to wellness.** There are **large gazebos** with **striking curtains** protect privacy, chaise lounges and cushioned sunbeds, **Well-**

**spaced umbrellas** and **hot tubs** to cool down.

## LIGNANO SABBIADORO. ENJOY YOUR PETS

**What holiday would it be without your 4 legged friends?** In Lignano Sabbiadoro, it is a pleasure to share your most enjoyable

and relaxing moments among **free beaches and pet-friendly resorts**, where you can rent equipment "for humans" such as umbrellas and sunbeds,

enjoy fenced dog-vip spaces, running areas, showers, dog beds, grooming areas and if necessary, contacts for veterinarians.



VIP Area in Lignano Sabbiadoro

## LIGNANO SABBIADORO. ENJOY THE OUTDOORS

### WHERE EVERY SPORT BECOMES REALITY!

**For sailors, aspiring windsurfers, children and young people of all ages** who want to test themselves with a new sports discipline... The beaches of Lignano Sabbiadoro are an **Olympic village for everyday champions.** The numerous sports clubs on the beach not only offer courses, rental equipment, themed excursions and sport-based events but allow anyone

to join real **communities where you can fully experience the sea**, have fun and make new friends. **Do you want to fly over the water of the Adriatic? It is possible at the Wind Village**, on the beach of Lignano Sabbiadoro. A reference point for those who love wind sports, sailing and windsurfing **Definitely not to be missed and in total balance with**

**nature... is SUP**, also called Stand Up Paddle, perfect for everyone, even for the less sporty and to be tried also in its electric and facilitated version: the E-SUP. The great classics like **kayaking, canoeing and boating** await fans of the **slow pace** among excursions from the beach, discoveries in the Lagoon or in the Nature Reserves and trips with low environmental impact.

### NOT TO BE MISSED...

***This summer's must is the SUP XXL.***  
*A board that can accommodate up to eight people, perfect for enjoying an experience with the family or to challenge your friends in a competition of balance and coordination!*



SUP XXL in Lignano Sabbiadoro





Fat bike in Lignano Sabbiadoro 📍

## LIGNANO SABBIADORO. LET YOUR BODY AND MIND FEEL GOOD

FREE YOUR BODY, FEET IN THE SAND... AND ALL FACING THE SEA!

**Sea and fitness are synonymous with “feeling good”**, and in Lignano Sabbiadoro, there is no lack of opportunities to find your own dimension, training alone or in a group, including free courses of fitness, pilates, muscle awakening, zumba, but also dances organised by the various bathing resorts, equipped and open-air gyms, and Calisthenics facilities

immersed in nature and on the beach. Those who, in addition to the well-being of the body, also seek a **moment for themselves in contact with nature** can try the yoga courses by the sea or among the pines, SUP-Yoga classes, Nordic walking and water Nordic walking excursions by the sea, metabolic walking or meditation on the beach.

Innovative and unique is **the forest bathing in the maritime forest of Lignano Sabbiadoro**: a slow-paced walk to welcome the benefits of the pine forest just a stone's throw from the beach. There are also many **pedestrian paths along the seafront or the Lagoon**, to walk at your own pace, letting your thoughts run.

## LIGNANO SABBIADORO. ENJOY ACTIVE & MORE

**Every opportunity is good to put yourself to the test**, even away from the beach.

**The Lignano Sabbiadoro Golf Club is an original 18-hole course on 70 hectares of**

extremely well-kept and welcoming **green**. And why not try skateboarding among **the ramps of the Hub Park** in Lignano Sabbiadoro? Those who love racket sports

should not miss **the Padel and Tennis courts**, where they can organise matches with friends!



📍 Aquasplash

## LIGNANO SABBIADORO. ENJOYMENT FOR FAMILIES

HAPPINESS FOR THE LITTLE ONES, JOY FOR THE GROWN-UPS

In Lignano Sabbiadoro, **every day, there is something great, fun and playful to do**.

A hot summer day becomes the occasion to **spend quality time with the whole family at Aquasplash**, one of the first water parks built in Italy, where you can also find the new “Jungle Bowl” slide, an award-winning attraction that allows you to relive the rapids of the jungle, or at the **Thermal Park Riviera Resort**, which overlooks the sea and always offers great fun with dives, adrenaline slides, swimming pools powered by seawater, artificial waves and trampolines. Not to be missed for those who love nature is the **Punta**

**Verde Zoo Park** in Lignano Sabbiadoro, which hosts over one hundred animal species and organises unique experiences such as close encounters with lemurs, sloths, giraffes and turtles of the Seychelles but also curious itineraries for young explorers.

**What about the younger children? I Gommosi**. A playground with slides, castles and many other inflatable attractions immersed in the pine forest of “Parco del Mare”! Light and sound shows, adventures and fantastic trips are an evergreen of the **Junior Park of Lignano Sabbiadoro**, which dazzles with its Jeep

safari, Swan Lake, Roller Dragon and 5D Cinema. While under the starry sky of the evening, it's time to take a walk around the **Luna Park Strabilia**.



📍 Zoo Park



## LIGNANO SABBIAADORO. ENJOY THE NATURE



Casoni, Fiume Stella Nature Reserve

### MARANO LAGOON "SHHH!" EXPLORE IN SILENCE

Just a stone's throw from the bustling and lively beaches of Lignano Sabbiadoro, you will find the mysterious and precious universe of the Marano Lagoon, immersed in the peace of salt marshes, canals and many species of birds that have always been the masters of these places. The easiest way to visit it is by choosing one of the **boat excursions** that often offer wine and food to be enjoyed while sailing. During these peaceful trips, **the captain will satisfy any curiosities** about the natural environment, enriching them with stories, anecdotes and legends.

### FOCI DEL FIUME STELLA NATURE RESERVE DISCOVERING THE FISHERMAN'S VILLAGE...

Not everyone knows that the Foci del Fiume Stella Nature Reserve can only be visited by water, choosing a boat tour or a guided paddling between the reeds on a SUP or kayak, **venturing up to the Casoni**, characteristic huts made of reeds, home of the fishermen who lived on the Lagoon. In this environment, at the edge of the water, you can **learn about the traditions of river fishing with a bilancione (lift net)**, a large net that is lowered at the estuary of the Stella river. Silence is required along the river bed, as swamp hawks, royal swans, and red, grey or white herons could appear. That's why the Lagoon is a **true paradise for those who love birdwatching and nature photography!**



Bilancione (lift net)

### CANAL NOVO NATURE RESERVE PECULIAR ANIMALS AND WHERE TO FIND THEM?

In the Nature Reserve of the Canal Novo Valley in Marano Lagunare, you should go **"armed" with binoculars and a camera**, also available on site. From the observation huts, you can admire the unique spectacle of colourful birds in their natural habitat. **If you are lucky, you will spot the pink flamingos.** Inside the reserve, you can also **walk on wooden platforms that float between the brackish waters of the lagoon.** Also recommended is a visit to the aquarium that hosts local species, including the seahorse, which is particularly appreciated by younger guests.



Nature Reserve in Marano Lagunare

### ISOLA DELLE CONCHIGLIE AMONG DREAMS, BORDERS AND REALITY

Isola delle Conchiglie (Shell Island) is a **corner of wilderness that gives the impression of being at the end of the world**, in fact, it's not far from the Red Lighthouse of Lignano. It is the perfect destination for SUP or canoe guided excursions, a favourite for boat trips starting directly from the beach and then when the wind rises, it becomes the "mecca" of kitesurfing enthusiasts, who enjoy acrobatic flights along the water!



Perilaguna islands



Mouth of Tagliamento river

### TAGLIAMENTO THE KING OF THE EUROPEAN RIVERS, IT IS CLAD IN EMERALDS

It marks the eastern border of Lignano Sabbiadoro, and with its estuary of emerald-coloured waters, it dives "with open arms" into the sea. **The Tagliamento is one of the most stunning places in the marina:** perfect for admiring the sunset, listening to the sound of the waves and maybe sipping a good glass of wine! **Do not miss the excursion with an electric boat or river boat** to go up a stretch of the river bed and be immersed in the tranquillity of nature, passing through the fragrant forests of willows and enjoying the peace and quiet.

### MUZZANA THE FOREST OF WOLVES AND WHITE TRUFFLES

In the territories of Muzzana del Turgnano, Carlino, Precenicco, Palazzolo dello Stella and Castions di Strada, there is the Bosco Planiziale, a **huge wooded area of 500 hectares** called "forest of wolves", thanks to the animals that in the past lived under the trees of this area. **The forest can also be visited by bike**, thanks to the cycle route that runs through it and the organised excursions. A curiosity for the most demanding palates, **the precious white truffle, which grows among these trees**, is a protagonist of an annual festival "Trifule in fieste", in which it is possible to taste it in the various local specialities.



Muzzana Truffle



## NATURE BY BOAT. EXCURSIONS STARTING FROM LIGNANO SABBIAADORO

*A real must of a holiday in Lignano Sabbiadoro are the boat excursions: they are routes to discover natural paradises, rich in activities and entertainment on board motorboats, pontoon boats or rental boats such as motorboats, sailboats, electric boats, and more! The "Nave dei Pirati" (pirate ship) is a fun and highly recommended experience for children, dedicated to families who want to visit the Foci dello Stella Nature Reserve and land in an authentic fisherman's house in search of treasure, among skulls, flags, Pirate bandanas and sabres! In addition, to enjoy an authentic experience, you can participate in a **fishing trip with a tasting of the fish**, directly after the excursion in the fishing tourism. What shouldn't be missed? The mini cruise between the two Lagoons of Grado and Marano with the maritime line: an excellent opportunity to reach the precious seaside village of Grado by sea from Lignano.*

## LIGNANO SABBIAADORO. ENJOY CYCLING

LEAVE YOUR CAR AT HOME AND EXPERIENCE A ZERO-IMPACT HOLIDAY... CYCLING!

**Over 75 kilometres of routes and 30 kilometres of cycle paths**, including the fascinating loop route that in just twenty kilometres gives you breathtaking views of the Tagliamento River, the Marano

Lagoon and the enchanting seafront of Lignano Sabbiadoro. **And if you do not have your bike or e-bike with you**, in Lignano, it is easy to rent one or use the bike-sharing service, as well as scooter rental.

And what about the **organised tours in the early morning with a fat sand bike**, the beach bikes to pedal with ease on sand and water?

### BIKES OR BOATS? BOTH ARE BETTER!

**You can cycle on land and use intermodal transport on the water**, loading your bike on board the maritime lines connecting Lignano Sabbiadoro, Marano Lagunare, or Lignano and Grado. And so, you start to discover the small fishing villages, immerse yourself in nature or

stop at one of the wine cellars that flank the bike paths and roads. You should also try the X-River boat, which transports cyclists from one side of the Tagliamento River to the other, offering an extensive route covering two regions. There are also many organised

excursions with a cycling guide. And for those who are undecided between a boat trip and a bike route, the right solution is the boat&bike: excursions that combine cycling and navigation sections with the transport of the bike on board.

### DID YOU KNOW THAT...

Would you like to see **one of the most beautiful sunsets in the region in every season**? Reach the Belvedere Trabucco viewpoint by bike. When the sun sets, it's magic!



## LIGNANO SABBIADORO. ENJOY SAILING


### BOAT HOLIDAYS IN LIGNANO SABBIADORO... AND BEYOND!



Why do sailors choose Lignano Sabbiadoro and its surroundings for their boat holidays? The answer is simple because here you will find **marinas for every need**: overlooking the beautiful Marano Lagoon, a stone's throw away from the bustling centre of the town, immersed in nature, flanked by the Tagliamento River or the Stella River. A short walk away, you can always count on the nautical centre of Aprilia Marittima and San Giorgio di Nogaro, famous for its shipbuilding. But there is more... you can choose between the **marina resort with swimming pools and exclusive services, the dry marina to enjoy your boat in the dry**, a houseboat to try the joy of sleeping on the waters of the River. And certainly, there is no lack of moorings and berths for those who arrive on board larger boats, such as maxi-yachts!

Marina on Tagliamento 



Shipbuilding in San Giorgio di Nogaro 

## LIGNANO SABBIADORO. ENJOY THE CULTURE

### AMONG BOWS, RAYS AND HEMINGWAY

Not everyone knows **Ernest Hemingway left his signature in Lignano Sabbiadoro!** Even today, at the **Bilancione (lift net) de La Bilancia in Bepi** on the Stella River, you can admire a photo signed by Hemingway in 1954, dedicated to the owner. Hemingway visited Lignano Sabbiadoro in the same year, embodying in the memory of the locality **the nickname "Florida of Italy"**. **To the famous author are dedicated an important literary prize and a park** of fragrant maritime pines, which hosts games and a gym.

### ARTISTIC ARCHITECTURAL AVANT-GARDE

Walking around Lignano Pineta, there aren't "roads" or "streets" but rather "arches" or "rays". This is because **the**

**"spiral" urban structure of Lignano Pineta** is the result of a visionary project conceived by the architect, urbanist and painter Marcello d'Olivio in the 1950s. For fans of unusual architectural structures, a walk is recommended in the pine forest of Lignano, **looking for villas built in the same years**. These are private residences, mostly belonging to famous people **whose imaginative and futuristic forms** make them stand out among the new buildings.

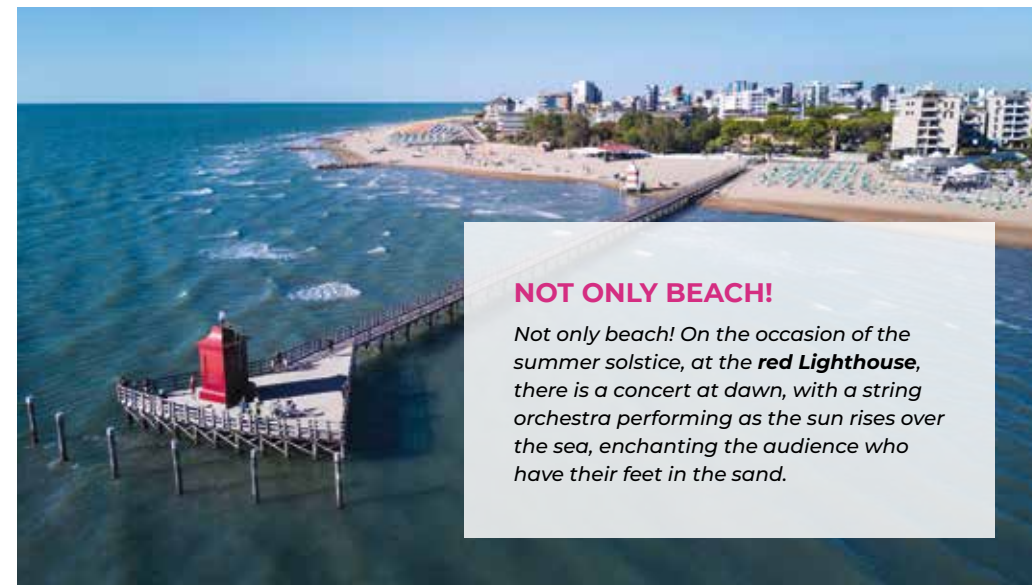
### A SEA OF WORKS...

Inside the Sea Park of Lignano Pineta, you can hear "the sound of the earth" simply by **leaning your ear to the statue of Antonella Tiozzo Huynh**, one of over 40 stone sculptures of Aurisina sculpted by well-known artists, who participated in the "International

Symposium of stone sculpture of Aurisina". Walking along the Kechler beach of Lignano Pineta, there is an open-air gallery where **mosaics alternate with entrances to bathing establishments**, made by the students of the school Mosaicists of Friuli in Spilimbergo.

### A LIGHTHOUSE... OR RATHER, TWO!

Lignano Sabbiadoro boasts the presence of two lighthouses: **an older one built in 1928 and a modern one**, much further towards the sea thanks to a long wooden walkway and, for this reason, it has become a charming panoramic point to observe the meeting between the waters of the Marano Lagoon and the Adriatic Sea!



### NOT ONLY BEACH!

*Not only beach! On the occasion of the summer solstice, at the **red Lighthouse**, there is a concert at dawn, with a string orchestra performing as the sun rises over the sea, enchanting the audience who have their feet in the sand.*

 Red Lighthouse





Lunch at the Bilancia di Bepi

## LIGNANO SABBIADORO. ENJOY THE TRADITIONS

### MARANO LAGUNARE. MEMORIES OF THE SERENISSIMA...

The seaside village of Marano Lagunare is a **destination for tourists and locals**. Here, you can enjoy local specialties, returning to a “time-gone-by”, where things are simple and time flows slower. A very first meeting is with the **ancient Millenarian Tower**, a symbol of the city, which welcomes visitors coming from the sea, taking advantage of the efficient maritime line or the many organised boat

excursions. Once you set foot in the Port, you can breathe the authentic atmosphere of the village, **made up of narrow Venetian streets that intertwine with colourful houses** and of the bustle of people who inhabit the squares and speak the **typical Maranese dialect**, a reflection of the long influence that the Serenissima Republic had on the city. And as you are already there... why not visit

the **Archaeological Museum of the Marano Lagoon**, which exhibits ancient finds found in the Lagoon, including an ancient medieval sword almost entirely preserved, thanks to the crust of sand and sea salt that prevented it from decomposition for centuries. Not to be missed are the nature trails of the visiting centre of the Canal Novo Reserve, a stone's throw from the historic centre.

## LIGNANO SABBIADORO. ENJOY THE WINTER SEA

**Not only diving or sunbathing.** Lignano Sabbiadoro is a welcoming and lively town even beyond the beach season. The city is illuminated with

lights and decorations during the holiday season **thanks to Lignano d'A... Mare**, a festival that expands from year to year, with holiday villages, food and

wine kiosks and local crafts, entertainment for children and the now **traditional Sand Nativity Scene**, dedicated every year to a different theme.

## THE BEST SEAFOOD TO TASTE

Walking through the centre of the village, you will be spoilt for choice. There are many restaurants and taverns specialised in fish dishes and *cicchetti*, (local food tastings) of Venetian tradition.

The tradition of fishing is also strongly felt, a craft still practised today by many Marano inhabitants and this is reflected in the seafood specialities seafood specialities, which can be tasted at local festivals or to buy to cook at the fish market. **A delicious opportunity to visit the village is “Fasolari e Peverasse in Festa”**, the summer fair where it is a must to taste a plate of freshly caught Fasolari (smooth clams), delicious even with just a splash of lemon.

During winter you should also try the **Bisato in speo**, (eel on a skewer), to be accompanied by one of the local red wines from the Controlled Denomination of Origin of Latisana.

## NOT TO BE MISSED...

**Every three years, on the occasion of the Triennale Festival, the statue of Our Lady of Health is accompanied in a night procession to the port.** The village is decorated with illuminated arches and devotional altars to celebrate an ancient tradition that was held to thank the Madonna for the end of a terrible plague epidemic.





# GRADO

## MORE THAN JUST AN ISLAND



## A HISTORIC PLACE TO LIVE WELL... IN THE SUN, BUT NOT ONLY

The eight kilometres of beach facing south earned the nickname of Sun Island, but Grado is also a place to **find peace and quiet in the Natural**

**Reserves Foce dell'Isonzo and Valle Cavanata**, where you can breathe good air, full of Iodine thanks to its location between the Adriatic Sea and the lagoon

of Grado, admire wonderful sunsets that are colour the sea, the result of a special light, which is found only here.

## EXPERIENCE AUTHENTICITY IN THE SEASIDE VILLAGE OF GRADO

The "old town" of Grado has its own personality, which embodies **the ancient charm of traditional villages and the true character of the seaside village**.

**Immersing yourself in the heart of the town** means being able to explore history

through views that are nothing short of unique. There are stone houses, the two early Christian basilicas and craft shops which are still the cradle of ancient crafts today. The beating heart of the city is **Porto Mandracchio**, one of the four marinas in the town, where you

can breathe and experience the fishing tradition and which here is an absolute pleasure to taste, discovering **the many food and wine specialities based on fish, like Boreto alla Graisana**: a dish with the unique character typical of the locality.







## STARTING A BIKE OR BOAT TRIP FROM GRADO!

*In Grado, it is not rare to find tourists riding a bicycle; on the contrary! The point of arrival of the Alpe Adria cycle path, a stage of the Adriatic Sea cycle path, and a municipality designated by FIAB for its efficient system of cycle paths. To not miss the charm of sailing by sea, try one of the boat trips, thanks*

*to which you can plunge into the islands of the lagoon, have lunch in one of the restaurants with dock or reach the nearby towns of Lignano Sabbiadoro, Aquileia and Trieste, simply loading the bike and being lulled by efficient transport systems.*

## GRADO. MORE THAN JUST A BEACH

**If you get to know it... you will never leave!**

**Grado is the favourite resort of many guests**, who have been visiting the same beach since they were children or confirm their choice year after year. It is the beloved beach of grandparents with grandchildren and tourists who come from far away, **a place to return to build memories** with loved ones, a relaxing break. **Why is Grado Beach so loved?**

### SUN FOR THE WHOLE DAY

Thanks to the exposure

towards the south, **the beaches of Grado are kissed by the sun for the whole day**, which means very long days at the beach full of relaxation and fun!

### TRADITION AND INNOVATION

Considered the "beach of Central Europe", Grado boasts a tourist-seaside vocation and a **tradition of hospitality since 1892**. In fact, already during the Austro-Hungarian Empire, it was chosen for its **exceptional microclimate and beneficial effects**. Today, the value of

tradition is still alive, but it is combined with an **efficient service system** that makes it a smart beach in every respect!

### AWARD-WINNING AND SAFE

The beach of Grado boasts the **record in Italy for its number of Blue Flags**, which guarantees the purity of the water and the quality of services and for the **Green Flag of Italian paediatricians**, a guarantee of safety and health.







Canoeing from Grado beach 📍

## COSTA AZZURRA, SPIAGGIA PRINCIPALE, IL BOSCO AND GRADO PINETA. THE FOUR BEACHES OF GRADO

There are four beaches on the coast of Grado, all with different characteristics.

Known by locals as the “old beach”, the Costa Azzurra is the westernmost beach of the peninsula, connected to the historic centre of Grado by the picturesque promenade Lungomare Nazario Sauro. It is one of the most vibrant places, loved by young people, water sports enthusiasts and families.

Grado's main beach is protected by the sea and a verdant setting, it is located just a short walk from the historic centre of the city: its varied offer makes it suitable for everyone. Families can appreciate the

fact that it is **particularly safe, with guarded entrances and dedicated resorts** such as the baby beach, while if you travel with your 4-legged friend, **the Lido di Fido - Fido beach is the perfect summer treat.** To spend a day of chic relaxation, try the **VIP resorts**, such as the Settimo Cielo area. In front of the historic Ville Bianchi, in the “imperial bathing” dating back to 1892 and the Sissi beach, equipped with large gazebos you can relax in total privacy, in a regal atmosphere to say the least.

Between the main beach and Grado Pineta is a **large wooded area bordered by the free beach “Al Bosco”**. It is quiet and very popular with families

who want to enjoy some shade in the hottest hours or have a picnic in peace.

The beach of Grado Pineta can also be reached by bike, thanks to the beautiful cycle path connected to the city. It is the evergreen for a quiet family holiday in the countryside and for those travelling with their four-legged friend, also called “kitesurf beach”, because at the first breath of wind, people gather here to launch themselves in spectacular and colourful twists in mid-air.



### NOT TO BE MISSED...

*Close to the main beach, accessible from the centre through the bike path, **the GIT Water Park is the magic formula for a great day!** It welcomes you with a large swimming pool with seawater, trampolines, slides, cascading jets to tone up the body, bars with underwater seats and lots of entertainment.*



## GRADO. MORE THAN JUST OUTDOORS

### ON THE WAVE CREST WITH KITESURFING AND WATER SPORTS!

Kitesurfers and windfoils are warned: Grado is a happy island of **stable, constant and easily predictable winds, shallow waters and flat sea**, the ideal place to tackle the waves 365 days a year.

There are two main spots that become crowded as soon as the wind rises: the **Isolotto in Sacca dei Moreri and Punta Barbacale near Grado Pineta**, both characterised by large spaces that favour take-offs

and landings also for amateurs. **Even children can try surfing**, guided by professional instructors and small kites, which are easy to manoeuvre! But there are also those who prefer sailing instead of the beach or the waves. In the summer, a large number of courses on large and small boats are dedicated to them: there is the **historic sailing school for children**, while older people can take advantage

of the **trips in the Lagoon** on weekends, for days full of wind and sport. Furthermore, **the Costa Azzurra beach is one of the two main hubs for water sports**. Here you can practice sports such as SUP, windsurfing, and swimming, and children can also practice skateboarding on ramps positioned right on the sand!

### A GRADO GREEN VIEW... AND BEYOND

The location of the Grado Golf Club is extremely charming, with the course overlooking the lagoon with 18 holes, giving a

unique gaming experience. But also tennis and padel fans can cultivate their passion... **Challenging each other to**

**the last ball in the equipped Tennis Club** of Grado.



Yoga on the beach

### DID YOU KNOW THAT...

*For an experience of true well-being, the yoga classes by the sea are a cure-all. They are organised at dawn and sunset, and the noise of the waves, combined with the exercise, offers unique sensations.*

*Not to be missed are the entertainment based on sport and fun in the Main Beach, the multi-camp sports, summer centres based on sun, sports and laughter, animation and sports activities on the beach such as SUP, canoe, windsurf, the mini soccer field and for the grandfathers... the bowling alley on the sand!*



SUP from Grado beach



## GRADO. MORE THAN JUST NATURE

### ALL THE GOOD AND BEAUTIFUL THINGS OF NATURE

Embraced by the Adriatic Sea and the waters of the Lagoon, **the resort of Grado is a green island with sand and iodine-dense air**, the ideal place to take time and stock up on good energy, following the rhythm of nature.

### REED BEDS, ISLANDS AND SLOW PACE... THIS IS THE GRADO LAGOON

It is common in Grado to hear about the “batele”, these are characteristic flat-bottomed boats without a keel, used by the inhabitants of the island

and fishermen to navigate between the waters of the Grado Lagoon: a complex and balanced system of wetlands, made up of islands or islets,

called “mote” and the casoni, the ancient fishermen huts built with the lagoon materials, such as poles, reeds and straw.



#### NOT ONLY SEA!

*The Fishing and Lagoon Civilisation Museum is a **real treasure trove of history**, which tells the story of the inhabitants of the Grado lagoon who due to the isolation, developed their fishing techniques, lifestyles and traditions.*

Fishing and Lagoon Civilisation Museum, Grado

But **what is the best way to experience the Lagoon?** Surely, it is to discover it at a slow pace, visiting it through one of the many tourist excursions by boat from Grado.



Grado lagoon

#### ISOLA MOTA SAFON. DISCOVERING PASOLINI'S CASONE

Cinephiles and nature lovers can not miss this **excursion to the island that enchanted Pasolini**, so much he shot some scenes of the movie “Medea” with Maria Callas right here.

#### ANFORA ISLAND AND FRANCAMELA VALLEY LUNCH IN THE LAGOON IN RESTAURANTS WITH LANDING

A real local experience, charming and loved by every guest of the town, is a lunch in the Lagoon where you can taste the seafood specialities in **one of the restaurants with a dock, accessible exclusively by boat.**



Lunch at Grado lagoon



Barbana Island

#### BARBANA ISLAND PILGRIMAGE TO THE MARIAN SANCTUARY

Barbana Island is one of the iconic locations of the town, still **inhabited by a community of Benedictine monks**. In departure from Grado, a **connection by sea from the island of Schiusa** is active throughout the year, there are also several operators that organise excursions and taxi services to the island.

#### SUNSET ON THE LAGOON FOR THE MOST ROMANTIC...


Depart in the late afternoon to admire the charm of the sunset between the reflections of the waters of the Lagoon with the last light of the day. It is **a gift that is renewed every day.**



Cavanata valley





Isonzo River Mouth Nature Reserve, Isola della Cona 

### NOT TO BE MISSED...

*Inside the reserve, a **herd of white Camargue horses** lives in complete freedom, to be admired while grazing freely, alone or in pairs, drinking in the water or participating in the approach or riding activities they are involved in.*

## NATURE RESERVES AND FISHING VILLAGES A NATURAL DISCOVERY!

You just have to **travel a few kilometres** away from the historic centre of Grado, perhaps by bike, along one of the cycle paths that start from the town, to find yourself in the purest and wildest nature.

### VALLE CAVANATA REGIONAL RESERVE. BINOCULARS, CAMERA, AND THE ADVENTURE STARTS!

Those who love **birdwatching and nature photography** should not miss this

opportunity to discover all the species that inhabit the Cavanata Valley Nature Reserve. At the entrance, the Visitor Centre awaits all guests to provide useful information to enjoy the experience to the fullest, while inside the reserve, the **two covered observatories, together with a vast system of itineraries**, offer the opportunity to observe different species of waterfowl in their natural habitat, including salt marshes,

tidal channels and salt marshes.

### ISOLA DELLA CONA. UP CLOSE TO THE WHITE CAMARGUE HORSES

In the Isonzo River Mouth Nature Reserve, known as Isola della Cona, **man takes a step back and leaves room for wild nature**.

You can choose one of the ring routes, designed to explore the reserve on your own or accompanied by a nature

guide, or stake out in one of the observation huts to admire the populous ecosystem that inhabits the Reserve. A reminder: the Bus Natura runs in the summer from Grado, accompanying tourists on a guided tour to discover the Reserve!

### PUNTA SDOBBA. A DIMENSION OF TIMES GONE BY IN THE FISHERMAN'S VILLAGE

On the right bank of the Isonzo

River, just before its estuary, stands the characteristic Punta Sdobba Fishing Village: **a cluster of small houses where today only 15 people** live, whose life is concentrated around the small river port in which they moor their boats. A timeless place, made of peace, slow rhythms and nature, which was **built at the time of the reclamation of the locality** to accommodate fishermen. And just beyond the village,

you shouldn't miss the area of Caneo, which is almost **an "Italian garden" of reeds**, where you can reach the panoramic observation tower, a privileged position from which to fully admire the surrounding landscape.



## MARINE THERMAL BATHS OF GRADO. A SOURCE OF WELL-BEING, BEAUTY AND HISTORY

After recharging your batteries in nature, why not be **pampered at the Marine Thermal Baths of Grado?** Built already at the time of the Austro-Hungarian Empire, the Marine Baths of Grado are still today, in their renewed guise, **a paradise for those who want to take a break from everyday stress** and dedicate time to the **care of body and mind**. From the most innovative to the great classics of well-being, treatments cover a wide range of needs and are mainly: thalassotherapy, which exploits the beneficial power of the marine climate, hydrotherapy such as baths, aerosol inhalations and heliotherapy. To complement the offer, there are two seawater swimming pools with hydromassage and a wellness centre, where you can choose from a wide range of treatments and massages.



Thermal pool, Grado 📍



Grado water park 📍

## GRADO. MORE THAN JUST A SIMPLE BIKE

### DISCOVERING GRADO AND ITS SURROUNDING AREA BY BIKE

It's time to tick the boxes "local", "sustainable" and "fun" **jump on a bike and explore Grado** and its surrounding area simply by cycling through an **efficient system of cycle routes** that lead to the discovery of the nature reserves and UNESCO sites of Palmanova and Aquileia, passing through the streets that cross the water of the Lagoon and wind between country roads. And for those who do not have their bike with them, just

click to use the **bike-sharing service, bike rental and e-bike!** And for **long-distance excursions?** Nothing is easier than using the intermodal transport network to **travel comfortably over long distances, carrying your bike**. You can count on the bike and bus service, perfect for an excursion in the Collio, among gently sloping hills and wine cellars where the wine tradition has been handed down for centuries.

Or choose the **maritime lines active in the summer**, such as the Grado-Aquileia one, ideal for cyclists and tourists who want to combine sea and culture also enjoying a pleasant boat trip. A great idea is to **reach Piazza Unità d'Italia in Trieste** directly from the sea. You can do this thanks to the maritime line that leads to Trieste, sailing close to the Castles of Duino and Miramare under the white cliffs of the Cliffs.

### GET OFF YOUR BIKE AND BOARD A BOAT

There are **four marinas that welcome boaters in the town of Grado**, a stone's throw from the beaches, the historic centre, the green nature or overlooking the enchanting

panorama of the lagoon. There is no lack of **services and excellent staff** dedicated to the care and maintenance of boats throughout the year. They are true fans of the sea


and boats, which carry on the marine culture of these places.



📍 Tourist port in Grado





Sarde in saor 

## GRADO. MORE THAN JUST TASTE

### THE TASTE OF... HOLIDAY!

The typical dishes of a place are its identity card: they tell its history, its vocations, and the conformation of its territory. **Grado has entrusted its culinary tradition to the sea and the Lagoon.** Not to be missed among the restaurants and trattorias of the island is the **boreto alla graisana, for non-locals fish broth**, a simple but very tasty dish, typical of poor cuisine, traditionally made using scraps that could not be sold at the market, accompanied by white polenta. **It tells the secular story of**

**fishermen** who still today, at dawn, arrive at the port with boats loaded with fish, the same that is then found in the market or served in **typical restaurants** in the old town that open onto the hidden squares or under pergolas. Grado also has a **deep connection with the land and the peasant tradition.** The local gastronomy is also enriched by the **valuable fruit and vegetable production of the mainland**, among which stand out the white asparagus from Fossalon and the peaches

from Fiumicello, which are easily found even in small farm shops of the territory. The meals are accompanied by famous wines from Friuli, including fine white wines, whose variety of terroir has led to identify **nine regional Denomination of Controlled Origin areas in the region, three interregional and four Denomination of Controlled and Guaranteed Origin:** the closest to Grado is the DOC Aquileia, where the wine tradition is as old as the city itself.



### HAVE YOU EVER TRIED...

*Santonego is a digestive elixir typical of the Grado Lagoon, excellent to finish off meals and obtained by the union of a particular selection of grappa with an infusion of aromatic herbs, where the absinthe, which grows spontaneously in the lagoon environments, is the undisputed protagonist.*



## GRADO. MORE THAN JUST CULTURE

**Founded in the 2nd century by the Romans**, Grado served as a port for ships that sailed up the river Natissa towards Aquileia. That's why this island takes the name Grado, because it **comes from the word "gradus"**, from the Latin port of call.

## THE BEAUTIFUL 5

The most iconic historical places on the island:

### 1. CAMPO DEI PATRIARCHI

here is the Basilica of Sant'Eufemia, **a cathedral of the Patriarchate of Aquileia for more than eight centuries**, which houses the precious Treasure of the Lapidary of the Basilica, and the Basilica of Santa Maria delle Grazie

### 2. PIAZZA BIAGIO MARIN

dedicated to the great **poet and singer of the Lagoon**, who was born in Grado in 1891. Here, walking on the glass walkways, you can admire the remains of the ancient Basilica della Corte, brought to light in 1902, thanks to the renovation of the square.

### 3. THE DIGA

Is called so by the people of Grado. It is a **splendid walk on the Lungomare Nazario Sauro**. This promenade is a charming place in every season, connecting the main beach with the Costa Azzurra.

### 4. ARTISAN SHOPS

relive the traditions through the unique pieces and works that characterise the town inside the **many shops** where you can browse and shop. In the historic centre of Grado, there are still workshops, such as a goldsmith, painting workshops, mosaics, porcelain

decoration, and creation of jewellery that retain their typical arts and ancient crafts.

### 5. SANCTUARY OF BARBANA AND CAMMINO CELESTE

The Sanctuary of Barbana is the **"prologue" of the Cammino Celeste**: the route of more than 200 kilometres that connects, in the Italian part, Aquileia, fulcrum of the spread of Christianity in Europe, to the Sanctuary of Mount Lussari, in Tarvisio.

## AQUILEIA. WHO IS READY TO PUT THEMSELVES IN THE SHOES OF THE ANCIENT ROMANS?

**Aquileia is the ninth city of the Roman Empire, an important archaeological site just 10 kilometres from Grado.**

The true gem of the city is the **Basilica of Santa Maria Assunta**, with its magnificent mosaic floor dating from the fourth century, perfectly preserved, but here you can also see the crypt of the

frescoes and the crypt of the excavations.

Also not to be missed, the Baptistery, the Südhalle, the archaeological area of the ancient Roman forum, the river port and the National Archaeological Museum, with special family reception or activities dedicated to children. But to put yourself in the

shoes of the ancient Romans and **relive the atmosphere of the great Empire, there is the Domus di Tito Macro**, a reconstruction of one of the largest houses of the Roman era among those found in the North, with an area of **1,700 square meters: a unicum in Europe**.



### DID YOU KNOW THAT...

Every year, on the first Sunday of July, the **Perdón di Barbana** is celebrated, the traditional votive procession of boats that passes through the Lagoon from Grado to Barbana. This is an **ancient tradition that dates back to 1237**, which was held to thank the Madonna for the end of a terrible plague epidemic.

**The day before, instead, the Sabo Grado is celebrated**, where the associations open their doors to the people of Grado and tourists with traditional songs and tasting of typical dishes.


Sanctuary of Barbana



Basilica of Aquileia





Palmanova 

## PALMANOVA. DISCOVERING THE STAR-SHAPED CITY

Not far from Aquileia is Palmanova, the **fortress-city masterpiece of Venetian military architecture**, with its nine-pointed star-shaped plant designed to defend regional borders against the Turkish threat.

The fortress of Palmanova is part of the **UNESCO World Heritage** and is also included among the “most beautiful

villages in Italy”.

Through bike paths, you can visit the Historical Park of the Bastions, reach the Venetian galleries, treat yourself to a **theatrical guided tour** or visit the new multimedia room. A **stop in Strassoldo** is highly recommended, an example of an ancient medieval village, well preserved and with rare charm. While halfway along the

bike path, with a short detour, you meet **Torviscosa, a city -factory built in the 1930s** and not far away, there is **Aiello del Friuli, defined as the “City of Sundials”** thanks to the more than 100 meridians preserved in the village.



Grado, porto Mandracchio, nativity 

## GRADO. 365 DAYS A YEAR

The cultural offer, the experiences in nature, and the charm of the Lagoon that **changes and surprises in every season** make Grado a fascinating destination in every period of the year. During the Christmas holidays, with the event **Nadal De Oro**, the city comes alive with **decorations and nativity scenes set up in different**

**corners of the village**, including the iconic nativity set up on the port Mandracchio in an old straw hut.

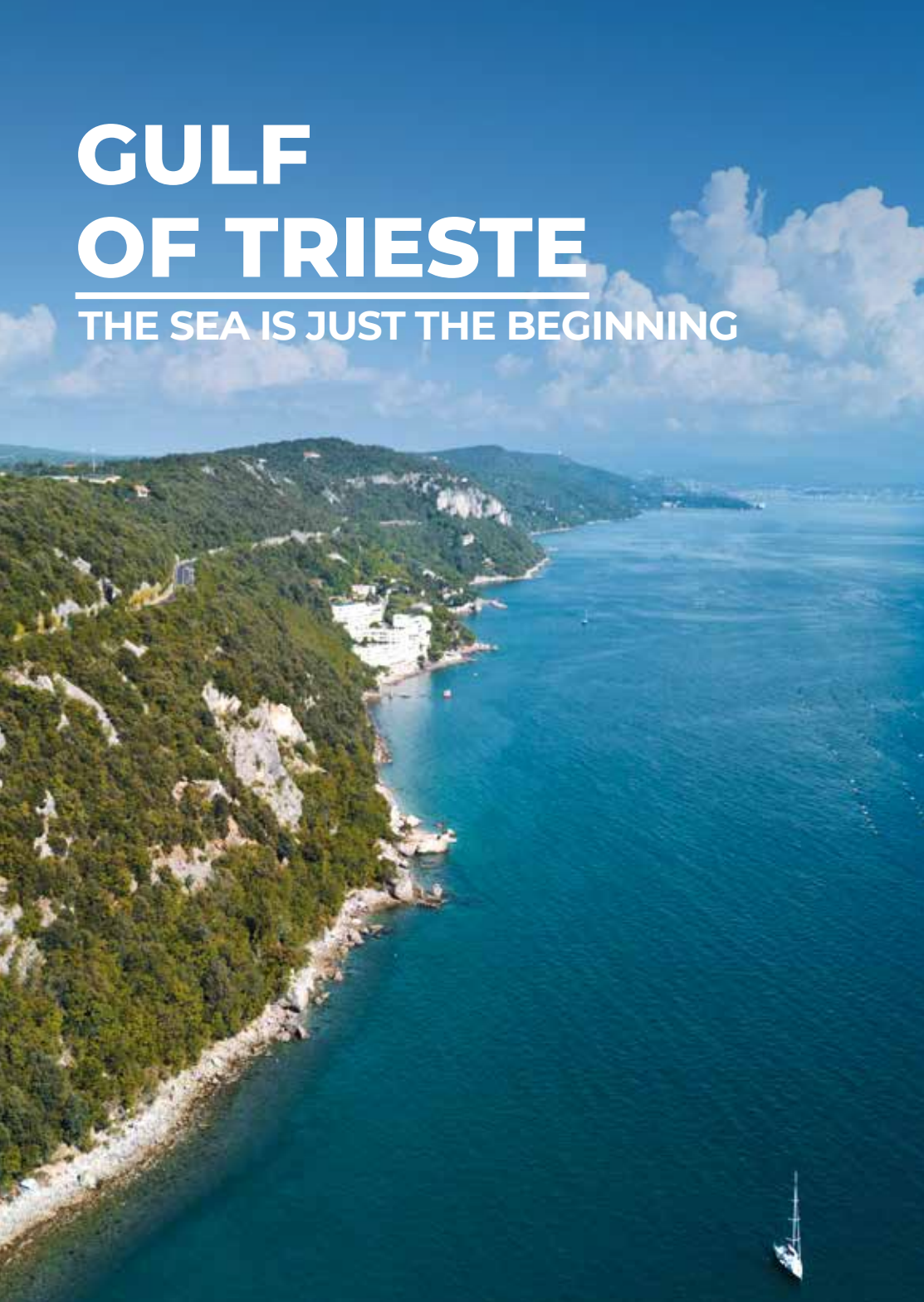
For those who love traditions, **on the day of the Epiphany, everybody gathers at the port, waiting for the arrival of the terrifying Varvuole**, the sea witches that reach the location on board their “batele”,

typical lagoon boats. It is a festive occasion and a **good omen to remove negativity** and start the new year with a charge of positivity.



# GULF OF TRIESTE

## THE SEA IS JUST THE BEGINNING



Trieste coastline

### SEA, NATURE AND CULTURE IN ONE PLACE: THE GULF OF TRIESTE

The Gulf of Trieste has a **unique charm that finds its common thread in the sea** and stretches in all directions, in **cities, towns and destinations**, each with its own charm.

It starts west with **Monfalcone**, a **shipbuilding city** and cultural centre known for the beach and the **windspot Marina Julia**. Continue towards the **gentle inlet of the Bay of Sistiana**, made of white pebble beaches and equipped establishments. Walking along the green coast of Trieste, between rocky bays and beaches, you can glimpse the **city of Trieste** from the

sea, **queen of Central Europe**, and continuing to the eastern border, you are a stone's throw from Istria, in Muggia.

The Gulf of Trieste is surrounded by castles overlooking the sea, such as the **Castle of Duino and Miramare**, to explore inside or admire from the waves, boat, kayak or SUP.

And what about the **authentic seaside villages of Duino and Muggia**, to be discovered at a slow pace losing oneself among ancient legends and breathtaking views.

It is the destination where

you can admire the sea from above, choosing one of the scenic hiking trails or climbing cliffs and then immediately experience it from the water, diving from one of the beaches, trying water sports or exploring its seabed with snorkelling. A unique territory which considers the sea as an opportunity to learn new things, to practice sports in spectacular settings, to taste specialities in unconventional places and to get a fill of blue with its vast views.



View of the Duino castle



## GULF OF TRIESTE. THE BEACH IS JUST THE BEGINNING

### ALL THE POSSIBILITIES OF THE GULF OF TRIESTE

For those who want to **relax on the beach**, those who stay active by practising water sports, and those who prefer exclusive resorts or dive into hidden coves among wild nature.

#### MARINA JULIA. THE WINDSPOT FOR THOSE WHO LOVE THE WIND

Fans of wind sports must have heard about Marina Julia, one of the main windspots of the Coast in the region. Loved by surfers, frequented by families who find equipped

resorts here, also suitable to welcome 4-legged friends, with kiosks and an offer that integrates **entertainment and water sports**.

#### BAIA DI SISTIANA. WHEN RELAXATION IS SEA VIEW

Equipped beach clubs and kiosks on the beach that alternate a white **pebble beach and an intense blue sea**, with the possibility of renting equipment or taking water sports lessons: only at the bay of Sistiana!

For those who love exclusivity,

the now famous five-star resorts within the village of Portopiccolo, with hot tubs and infinity pools, sun umbrellas and refined restaurants.

#### CANOVELLA DE' ZOPPOLI, SPIAGGE DEI FILTRI, COSTA DEI BARBARI, LIBURNIA TO THE BEACH IN FREEDOM!

**Nature and free beaches**, steep paths that from the coast lead to the sea. One of the best-known beaches is **Canovella de' Zoppoli**, which can be reached by following the **Fishermen's Path**, a

picturesque path that starts from Duino and goes down to the sea, following a long flight of steps. For those who love sunbathing in total freedom and get totally connected with nature, you can choose between **the naturist beaches of the Filtri**, but also the wild resort **Costa dei Barbari**, the hidden **Liburnia** and the charming beach **Le Ginestre of Duino Aurisina**, which Lonely Planet has included among the 17 best seaside resorts in Italy.

#### HISTORICAL BATHS AN EXPERIENCE OF TRUE LOCALS...

"Going to the beach" is a **real lifestyle** for the inhabitants

of the Gulf of Trieste. During lunch break, after work or at weekends: **If the people of Trieste have time, they go to the sea**, and if they don't have it, they find it! On sunny days, at all hours, you can join the inhabitants of the city in one of the historic **resorts paved like "Mickey Mouse"**, ten concrete terraces that from above look like the famous character of Walt Disney. There is also the Lanterna, called by locals "pedocin" where **men and women sunbathe strictly separated by a wall**. And then **the great classic of these places: Barcola**, where

you can dive into the sea from numerous trampolines, relax in the shade of the pine forest, drink an aperitif in company waiting for the sunset in the kiosks, among beautiful people, beautiful music and the wonderful sea. Continuing **almost to touch Istria**, a stone's throw from the characteristic village of Muggia, there are **free pitches and some equipped resorts** where you can **sunbathe** and admire the view that opens on the Gulf of Trieste, from its easternmost point.



Sistiana, beach



Portopiccolo



GULF OF TRIESTE. THE OUTDOORS IS JUST THE BEGINNING

A SAIL AND WE CAN FLY!

It comes in gusts and is **one of the iconic elements of the Gulf of Trieste: it's the Bora**, the typical wind that blows into the Gulf after having gained speed in its descent from the Karst to the Adriatic. It is also thanks to the Bora that the **Gulf of Trieste has become**

**the destination for wind sports**, including sailing. The **sailing tradition that you can breathe in the city of Trieste is strong**, and it is reflected in the many sailing clubs and sailing schools that offer rentals and lessons for adults and children.

**In addition to sailing**, the Gulf of Trieste offers several spots for practising sports such as windsurfing and kitesurfing, SUP, canoeing and kayaking, but also seawatching, facing breathtaking views.



DID YOU KNOW THAT...

Every year, on the second Sunday of October, in the Gulf of Trieste, the **Barcolana takes place. It is the largest regatta in the world!** It is open to both large sailing competition boats but also smaller boats, who experience the race as a **moment to share their passion for the sport** of sailing. For those who stay on land, is an incredible opportunity to participate in **many events that animate the city**, even in the weeks before the race.

Barcolana

THE SPORTS EXPERIENCES NOT TO BE MISSED TO EXPERIENCE THE SEA



Sailing in the Gulf of Trieste

SAILING TOUR

The thrill of **sailing and working with a real crew**, enjoying the sea and the surrounding landscape of the Gulf of Trieste to the Castle of Miramare.

CANOEING UNDER THE CASTLE OF DUINO

Admire the **old manor nestled between the white cliffs** and get lost in your imagination watching the “rock of the white lady” that contains an ancient legend linked to the castle.



Canoeing under the Castle of Duino



Castle of Miramare

SEAWATCHING IN THE MIRAMARE MARINE PROTECTED AREA

A unique opportunity to discover **the sea bed accompanied by an instructor**, an exceptional guide to discover all the secrets at the foot of the beautiful castle.

MARINA JULIA WINDSPOT

Do you like to do **acrobatic stunts with Kitesurfing or Windsurfing? Steering a sailboat?** No problem, you start with the professional instructors, you rent the equipment and...

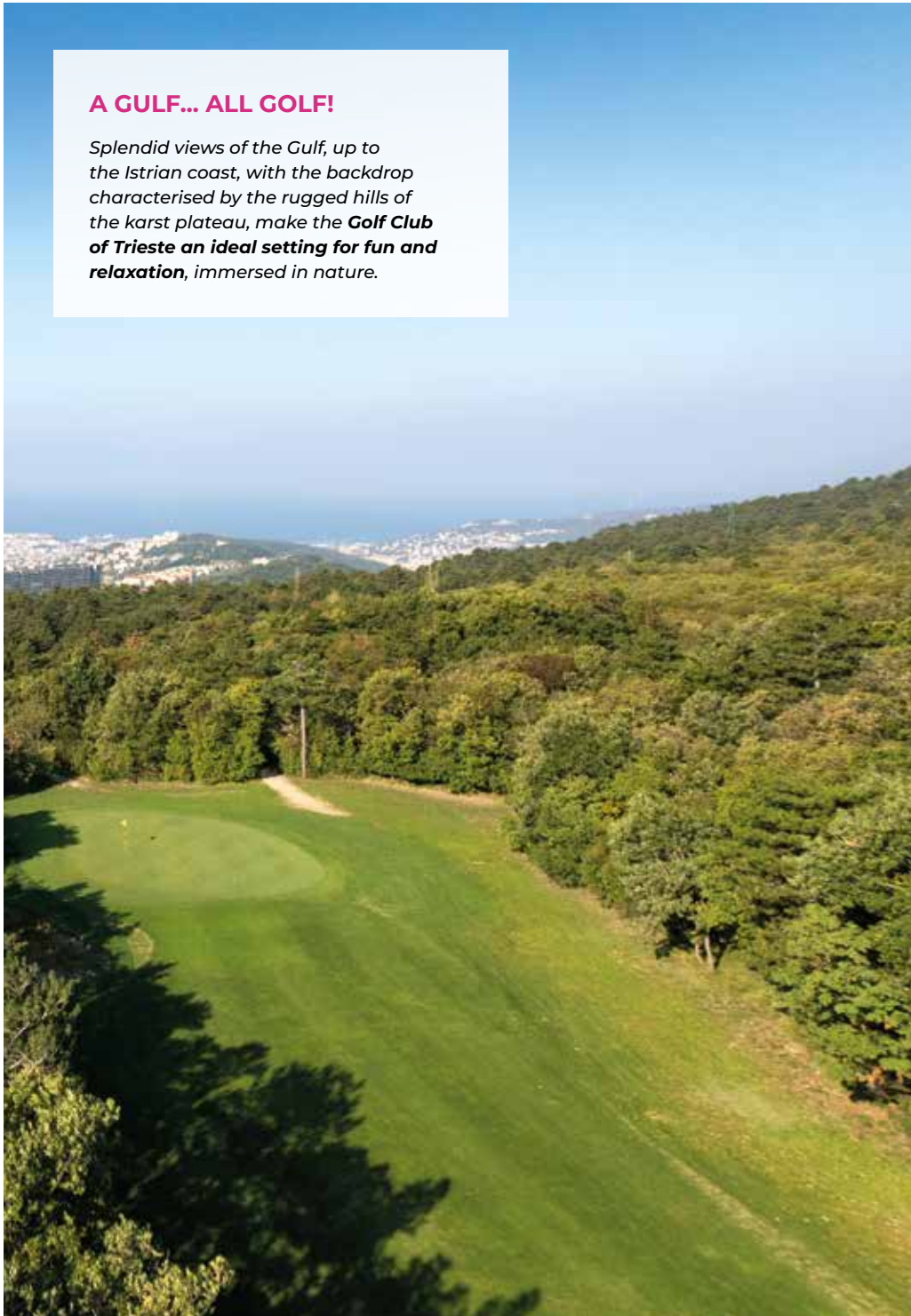


Wing foil in Marina Julia



## A GULF... ALL GOLF!

*Splendid views of the Gulf, up to the Istrian coast, with the backdrop characterised by the rugged hills of the karst plateau, make the **Golf Club of Trieste** an ideal setting for fun and relaxation, immersed in nature.*



Golf Club Trieste

## A SAFE PORT FOR EVERY BOAT

The Gulf of Trieste is a heartfelt destination for those who love to sail and who can count on a **variety of marinas and services that allow them to moor their boat** just a stone's throw away from the city of

Trieste or the seaside village of Muggia. But there are also services offered by marinas, **such as swimming pools, wellness areas, exclusive restaurants and large berths** that can accommodate even

mega yachts. Nothing else? The know-how of **shipbuilding of the Monfalcone centre**, which guarantees first-level services and maintenance for your boat.

## GULF OF TRIESTE. NATURE IS JUST THE BEGINNING

### OUTDOOR EXPERIENCES WITH THE WIND IN YOUR HAIR...

For those who want to enjoy an excursion between land and sea, to discover new things, with a bit of fun and excitement, there is the **Miramare Marine Protected Area** that welcomes you with its evocative views of the homonymous white castle, overlooking the waves of the Gulf of Trieste.

For particularly romantic people, the **excursion on an ancient sailing ship at sunset is a real delight**, especially if accompanied by an aperitif that ends with a swim in the sea while the daylight slowly disappears. Here during the summer you can take part in an exciting excursion on a noiseless and environment-

friendly electric boat. At any time, in every season, the **maritime line that connects Trieste with the village of Muggia** and the entire Trieste coastline. While during the summer season why not stop off in Grado? It is a boat trip that crosses the Gulf of Trieste to land on the island.



Miramare Castle





Rilke Trail 

## TREKKING IN THE BLUE SETTING OF THE SEAFRONT

An immersive walk through the **colours and scents of the Mediterranean scrub**. Just a few meters away from the coast, you enter the area of the Trieste Karst, a limestone plateau characterised by a large number of sinkholes, caves, paths and panoramic paths among stones shaped by the wind and rain and cliffs that throw themselves vertically in the waters of the Adriatic Sea.

## THE 4 WONDERS

The sea view trekking experiences that you cannot miss:

### 1. THE RILKE TRAIL

In the Natural Reserve of the Duino Cliffs - a panoramic path of about 2 kilometres facing the sea, which joins the Bay of Sistiana with the seafaring hamlet of di Duino.

### 2. THE SALVIA PANORAMIC TRAIL

Connects the town of Santa Croce to Aurisina, along the

### kart cliff surrounded by

fragrant plants of domestic sage that proliferate in the area.

### 3. THE NAPOLEONIC ROAD

Between Opicina and Prosecco, a path of about 8 kilometres of easy level, also by bike, suitable for families with children and strollers and appreciated by climbers who train in the Cliffs.

### 4. THE TRAILS OF THE GREAT WAR

For those who love history, you can not miss the paths that wind through the karst territory, accompanying visitors on a journey into the history of the twentieth century, like those that lead to Mount Ermada or inside Park 97 near Prosecco.

## ALPE ADRIA TRAIL.

### ON FOOT THROUGH THREE NATIONS

The area of the Karst of Trieste is crossed by the Alpe Adria Trail, an **international trekking route** that reaches Muggia.

The route is **750 kilometres long and includes 43 stages, each about 20 kilometres long**, which can be travelled in both directions depending on the country from which you want to start the route, your abilities or the distance you want to travel.

## VIA FLAVIA.

### A JOURNEY INTO THE PAST AND NATURE

A **116-kilometre route that winds its way through 5 stages** and connects Muggia to Aquileia, a Roman town on the shores of the Adriatic, among roads, paths, woods, countryside, nature reserves, towns and cities.

## NATURE RESERVES.

### ONE STEP AT A TIME

The Nature Reserves that populate the Karst are a **real gem for those who love uncontaminated nature**. The **Nature Reserve of Val Rosandra** awaits those who love trekking and walking with many routes to travel independently, **discovering caves with ancient inscriptions and remains of castles and forts**.

But along the streams and panoramic points, the **Nature Reserve of the Lanaro and Orsario Mountains** is the perfect place to observe the phenomena of karst surface and, why not, see the tracks of a brown bear. Also worth a visit is the **Doberdò and Pietrarossa Lakes Nature Reserve**, where woodpeckers nest among the black poplars. Among the wetlands and meadows, you can even **glimpse the golden jackal**. The reserve also houses the archaeological site of **a fort belonging to the Bronze Age** and a visitor's centre with a historical museum where a reconstruction of the cave bear, now extinct, is preserved.

## THE SPRINGS OF THE TIMAVO RIVER.


### ALONG THE SILENT AND MYSTERIOUS RIVER

The Timavo is born on the slopes of Mount Nevoso in Slovenia and travels **40 kilometres underground without being seen** before rising again at San Giovanni di Duino, between Duino and Monfalcone. Here, the Bocche del Timavo are located. It is a picturesque place that contains one of the most interesting Italian karst phenomena.



 Alpe Adria Trail



 Val Rosandra Nature Reserve



 Springs of the Timavo river



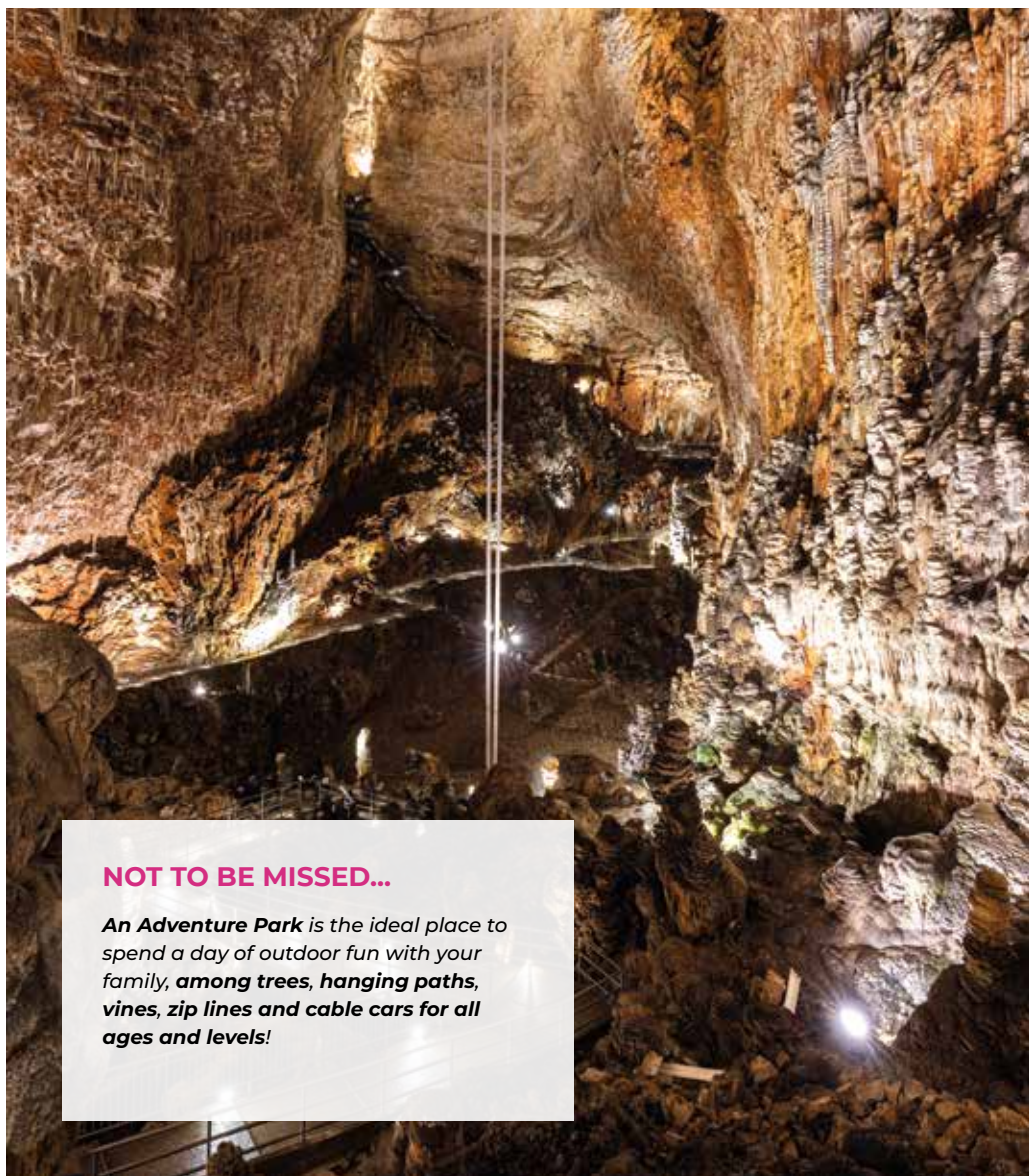
## THE KARST CAVES.

### THE THRILL OF GOING DOWN INTO THE HEART OF THE EARTH

The **Grotta Gigante (Giant Cave)** is one of the largest tourist caves in the world. You have to make sure you have a good pair of sneakers and a sweatshirt before **descending over 500 steps** that lead to

the discovery of fascinating natural sculptures formed by stalactites and stalagmites in continuous transformation: the beauty of the context will make the effort worth it. Smaller but known for

its incredible wealth of concretions is the **Torri di Slivia Cave**: one of the wonders of the Karst. To visit also outside, on board an **Agribus**, a **characteristic tractor**, loved by children.



### NOT TO BE MISSED...

*An **Adventure Park** is the ideal place to spend a day of outdoor fun with your family, **among trees, hanging paths, vines, zip lines and cable cars** for all ages and levels!*

Grotta Gigante

## GULF OF TRIESTE. WELLNESS IS ONLY THE BEGINNING

### TAKE A BREAK AND RECHARGE YOUR BATTERIES AT THE THERMAL BATHS AND WELLNESS CENTRES!

A refreshing break can be a **real panacea for body and soul**. The numerous accommodation facilities of the Gulf of Trieste host SPA and wellness centres with exclusive offers. There are saunas overlooking the sea, salt rooms, swimming pools equipped

with whirlpools, wellness trails surrounded by nature, beauty centres and beauty farms with highly specialised staff available to pamper and recharge the energies of their guests. **The Roman Baths of Monfalcone** is also a place for relaxation and well-being,

renowned for **the strong therapeutic power of the sulphurous-salso-sulphate-alkaline-earthly water** that flows naturally from its natural source at a temperature of 38-39 degrees.



SPA in Trieste



## GULF OF TRIESTE. CULTURE IS JUST THE BEGINNING

### TRIESTE THE CITY OF MANY FACES

**Trieste is the “marine” queen of Central Europe**, with a multicultural charm that has been able to harmoniously integrate the various cultures that have crossed it.

From the sea you reach the heart of the city: because in Trieste, the waters of the Adriatic seem to enter the inhabited centre, thanks to the beautiful Piazza Unità d'Italia that faces the Gulf, along the Molo Audace, a romantic walkway of over 200 metres directly on the sea.

And then there is the **Faro della Vittoria Lighthouse**, a watchful eye for those who come from the sea. Built on the remains of a bastion of the old Austrian fort in the mid-nineteenth century, today it is a memorial dedicated to

sailors who died during the First World War. But **Trieste is not only sea**: it is the city of literature, beautiful historical cafés, art, science and great exhibitions.

Here, you can lose yourself among the antique dealers in the **streets with no geometry of the “vecia” (old) city**, as it is called by the inhabitants of Trieste. You will be surprised by **the Jewish ghetto in the heart of the Cavana district**, whose name comes from the old boat shelters, transformed into a red light zone after the Second War and now redeveloped. You can find yourself back in the time of the Habsburgs, among the streets of the Teresian village, taste the best coffee blends or enjoy a delicious Presnitz in the same

pastry shop that James Joyce once frequented, among the paths and atmospheres described by Italo Svevo and Umberto Saba.

Trieste is a multicultural city where many religions exist together and where a stone's throw from each other there is a synagogue, the Greek-Orthodox and Serbian-Orthodox churches, the Evangelical Lutheran and the Helvetic and Waldensian churches.

And to learn more about the Roman past of the city. **Just climb the hill of San Giusto** to discover the Cathedral and the Castle of San Giusto. The effort will be rewarded by the **incomparable view over the Gulf of Trieste**.

## THE 3 MUSEUMS

### CULTURAL EXPERIENCES FOR THE WHOLE FAMILY

#### 1. BIOMA BIODIVERSITARIO MARINO (MARINE BIODIVERSITY MUSEUM)

An immersive museum dedicated to those who love the marine world and its seabed, which offers an underwater itinerary to discover the marine peculiarities of the Gulf of Trieste, but also **challenges for children and parents to hunt the hidden treasures**, guided by fun maps designed to illustrate the peculiarities of the sea in a fun way with games, quizzes and interactive riddles.

#### 2. SCIENCE CENTRE IMMAGINARIO SCIENTIFICO OF TRIESTE

for young scientists, an innovative science museum dedicated to experimentation, **where the rule of “DO NOT touch” applies** among interactive paths, multi-vision, visits to the planetarium and laboratories

#### 3. CIVIC MUSEUM OF NATURAL HISTORY IN TRIESTE

To admire a real dinosaur, or rather two, in the company of the hadrosaurs Antonio and Bruno, found at the Fisherman's Village.



Immaginario Scientifico, Trieste



Piazza Unità and Molo Audace





Muggia

## MONFALCONE. DISCOVERING THE SHIPBUILDING INDUSTRY

Where and how are the big cruise ships built? The answer is spontaneous: in Monfalcone, also known as the **capital of naval shipbuilding**, this town on the water is the place where the so-called “queens of the sea” are built. They are large second generation cruise ships, The combination of technology and design of the Monfalcone

shipyard.

This success story is told in the **MuCa - Museum of Shipbuilding, the only one in Italy** dedicated to the theme, located in the former Worker's Hotel in the Village of Panzano, **a district of Monfalcone designed in the 1920s to accommodate workers** in the shipbuilding sector and

which is characterised by its own particular architecture, organised according to a hierarchical criterion and with an unprecedented charm. In addition to the sea, **a walk is recommended towards the medieval Fortress with the Paleontological Museum**, symbols that dominate the city centre.

## MUGGIA AND DUINO. THE AUTHENTIC ATMOSPHERE IN THE HISTORIC SEASIDE VILLAGES

For those who love great myths, fairy tales and stories, **the legend of the White Lady** still hangs in the air of the old manor of Castello di Duino, the house that was of the princes Torre Tasso and today can be visited up to the garden overlooking the sea. The historic **seaside village of Muggia** is worth a visit, welcoming visitors from the sea with its characteristic Porto

Mandracchio, to then invite them among **colourful alleys, ancient Venetian houses and simple rituals**, such as having a coffee in Piazza Marconi, the beating heart of the village, where the white façade in Venetian Gothic style of the Cathedral of Muggia stands out. And going up, on the promontory that overlooks the port, history becomes even more ancient: the proof is found

in the ruins of the protohistoric castles of Santa Barbara di Elleri and Muggia Vecchia, where the Romanesque Basilica of Santa Maria Assunta stands. It preserves prestigious pre-Giotto frescoes recently restored and the archaeological park that houses the ruins of the ancient roman castrum, with a magnificent view over the Gulf of Trieste.



Gorizia, Castle

## GO:2025 NOVA GORICA AND GORIZIA EUROPEAN CAPITAL OF CULTURE 2025

In 2025, Gorizia and Nova Gorica will be the European Capital of Culture, an important title that launches **a message of integration** and that values the concept of “difference” as mutual enrichment and identity.

Walking in the historic centre of Gorizia is **a tribute to the multi-cultural identity** not only of these border places but of the whole world. Here, among shops, cobbled streets, porches that open into private patios, we climb the hill overlooking the town to admire the Castle of Gorizia and the **spectacular panoramic landscape over the city** and the surrounding area!



Gorizia, Piazza della Vittoria



## GOLFO DI TRIESTE. THE FOOD AND WINE IS JUST THE BEGINNING

### A FOOD AND WINE CULTURE THAT UNITES THE PEOPLE

In the Gulf of Trieste, **cuisine embraces and reflects the movements of the territory**, with unique dishes that expertly cross the culture of the Slovenian neighbours, but also the Austro-Hungarian and regional influences. Walking through the centre of Trieste, there is only the embarrassment of choice between **traditional eateries, trattorie and small restaurants where you can taste typical dishes** such as

Parsuto in crust, ham in bread crust, smoked and cooked wrapped in dough or Jota, A bean soup enriched with sauerkraut, potatoes, sausages, smoked bacon, herbs. And then the **inevitable flavours of the sea** arrive decisively on the table, with dishes like the Sardoni in savor, based on stuffed anchovies, fried and marinated with onions or Scampi alla busara. The strong flavours of the Gulf of Trieste, Terrano and Vitovska

are accompanied by a ruby red wine and a white DOC wine, produced exclusively in the Karst area of Trieste and Gorizia.

#### HAVE YOU EVER TRIED...

Dining in a seafood tourist location means savouring not only ingredients but **passion, love for the sea and respect for its fruits** in environments that combine local fishing with catering in spectacular locations overlooking the sea.




Food and wine specialties of Carso 



### INVITATION TO LUNCH OR DINNER IN AN OSMIZA!

*Hidden among the vegetation of the Karst, often marked by a bush of ivy, the osmize are private houses and cellars, open a limited number of days a year, offering the guests **products of their own production such as salami, eggs, wine and cheese.***

*They are the legacy of an **ancient Habsburg tradition** born in the mid-nineteenth century and still ensure a truly unique experience!*

 Lunch in Osmiza





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Edition October 2024

## HOW TO TRAVEL TO FRIULI VENEZIA GIULIA

### BY CAR

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

### BY PLANE

Airport of Trieste  
[www.triesteairport.it](http://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](http://www.trenitalia.it)  
[www.italotreno.it](http://www.italotreno.it)

### BY BOAT

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

### BY BIKE

[www.alpe-adria-radweg.com](http://www.alpe-adria-radweg.com)  
[www.adriabike.eu](http://www.adriabike.eu)



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

FSC



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