

THE SEA

ONE HOLIDAY,
ENDLESS POSSIBILITIES



IO SONO
FRIULI
VENEZIA
GIULIA

www.turismoFVG.it

ENG





SYMBOLS KEY

| | | | | | | | |
|--|--------------------------------|--|------------------------|--|-------------------------|--|-------------------------------------|
| | PromoTurismoFVG Tourist Office | | Golf Club | | Industrial architecture | | Natural reserve |
| | Beach | | Cultural Itinerary | | Historic café | | Wood and park |
| | Motor Ship | | Museum | | Thermae | | Maritime transport |
| | Marina | | Archaeological site | | Cave | | Alpe Adria cycle route FVG 1 |
| | Theme park | | Faith and spirituality | | Airport | | Adriabike cycle route FVG 2 |
| | Watersports | | Castle | | Train station | | Tagliamento river cycle route FVG 6 |
| | Cycle route | | Historical building | | Bus station / Bicibus | | Heavenly Way |
| | Walking & hiking | | Historic village | | Alpe Adria Trail | | |


WHERE DOES YOUR HOLIDAY START FROM?

130 KILOMETRES OF COAST... AND HOLIDAYS

*In the resorts of **Grado** and **Lignano Sabbiadoro**, you will find fine sandy beaches equipped with every comfort, VIP areas, lidos equipped for families and swimming pools and playgrounds on the beach. A renowned windsport instead awaits you on the beach of **Marina Julia**, an expanse of pebbles on the sea in the **Bay of Sistiana**, rocky bays and historic establishments along the **Gulf of Trieste**, up to **Muggia**. On the Friuli Venezia Giulia Coast, you can literally immerse yourself in a holiday where **entertainment, relaxation, wellness and lots of fun** are the order of the day!*



Spend a family holiday on the Friuli Venezia Giulia Coast, enjoying the freedom of sunbathing and diving into the sea, **with shallow waters that allow you to swim safely**. For those who love group fun, you can enjoy unmissable moments of **fun and entertainment on the beach**. Not counting the pet-friendly beaches, so you do not have to separate from your four-legged friend. You don't want to give up **sports and adrenaline activities**? SUP, windsurfing, sailing, kitesurfing, but also banana boats, towed buoys, and parasailing are waiting for you just a few steps from your umbrella. And if you are in the mood for a truly rewarding experience, make yourself comfortable in one of the VIP resorts with infinity pools, jacuzzi tubs overlooking the sea, king-size beds and delivery service.



EXPERIENCES... OF COURSE FREE

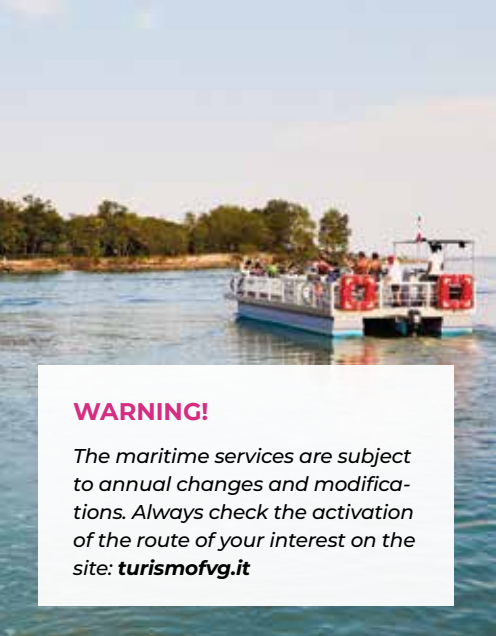
***Not only sea, not only beaches.** For those who love the facets of the world around you and love to share feelings with people you love, the Friuli Venezia Giulia Coast is the ideal destination. A mix of **experiences in contact with nature**, such as those you can enjoy within the **River Stella Mouth Nature Reserve**, only accessible by water. And then take advantage of the many **boat tours**, explore the reed beds at a slow pace, dedicated to **birdwatching** and evoke ancient history, among the authentic **Casoni** (fishermen's huts). You may not know it, but **Lignano Sabbiadoro** is also one of the first seaside resorts in Italy where you can enjoy **wellness experiences in the marine forests**, which it is rich in and for which it is already known.*



From the **Valle Canal Novo Nature Reserve** to the **Valle Cavanata Nature Reserve**, passing through the **River Isonzo Mouth Reserve**. Arm yourself with binoculars and a camera and hide in the observation huts in the various Regional Nature Reserves to admire the unique spectacle of colourful birds in their natural habitat. Do not miss the experience with the **herd of white Camargue horses** in the Nature Reserve Foci dell'Isonzo, which children will love especially thanks to the activities of approaching horses and ponies. Unique in its kind, the spectacle of white rock walls overlooking the sea in the **Nature Reserve of the Duino Cliffs**. Explore it with a



guided tour on SUP, canoe or boat from the bay of Sistiana, or choose trekking on trails along the coast, such as the famous path of Rilke. And for sea explorers, in the **Miramare Marine Protected Area**, you can discover a rich biodiversity and do sea-watching, with the WWF staff, which in summer organises guided tours during the day or at dawn to discover the marine world! Remember, the fascinating caves that populate the Karst are also worth a visit: First of all the **Giant Cave**, with the majestic Great Cavern, which is world-renowned for its exceptional dimensions and then why not, the smallest but always evocative **Grotta Torri di Slivia**: a true spectacle of nature!



WARNING!

The maritime services are subject to annual changes and modifications. Always check the activation of the route of your interest on the site: turismofvg.it

THE COAST SEEN FROM THE WATER

Express a wish and start **sailing to discover natural paradises** on board of motor boats, speedboats, sailboats, fishing boats, and pontoon boats, along the Friuli Venezia Giulia coast. In departure from Lignano Sabbiadoro, you can choose to sail towards the wild **Shell Island**, the **Marano Lagoon**, the seaside village of **Marano Lagunare**, or go to discover the **River Stella Mouth Nature Reserve** with the **Casoni Village** and for children, the fantastic **Pirate Ship**. Try the excursion in the boat-restaurant along the waters of the **Tagliamento River**. While departing from Grado, you can land at the **Sanctuary Beata Vergine Maria Barbana** island and then depart



FUN HAS NO AGE

Holidays with children are always great fun, but it is the Friuli Venezia Giulia Coast that makes them even more surprising. Spend your family moments among beach attractions, dancing, games, attractions and theme parks. On warmer days, the water parks such as **Aquaplash** and the **Thermal Park Riviera Resort** in Lignano Sabbiadoro and the **Water Park** of Grado are an explosive mix of dives, slides, swimming pools powered by seawater, artificial waves and trampolines. A must-see stop for those who love nature? The **Punta Verde Zoo Park in Lignano Sabbiadoro** which welcomes young and old with over one hundred species of animals, itineraries for young



WITH FLAVOUR WITH THE TASTE EXPERIENCES

Taste a delicious **glass of wine in the cellar**, savour the **fish freshly caught** after a canoe trip or by bike, and discover the **traditional dishes of the Lagoon** in one of the restaurants with port only accessible by boat. These are just some of the experiences you can enjoy along the **Strada del Vino e dei Sapori of Friuli Venezia Giulia (The Route of Wine and Flavors of Friuli Venezia Giulia)**: six valuable routes to explore the territory, learn about the wine cellars, craft breweries, agri-food companies, the region's restaurants and food and wine experien-

A WORLD WITHIN SEA REACH...

Do you know that you can **visit all the main eside resorts and the maritime villages** of Friuli Venezia Giulia by sailing along its 130 kilometres of coast? **Sail from Lignano Sabbiadoro** for a trip to the picturesque village of Marano Lagunare. From Lignano Sabbiadoro and then cross the Tagliamento River thanks to the **X-River boat pass**, ideal for pedestrians and cyclists. From Grado, you can reach the **island of Barbana** all year round, while in summer the **maritime line Grado-Aquileia** is active, perfect for visiting the UNESCO site that was the home of the ancient Romans. Always fascinating is the navigation under the **Castles of Duino and Miramare**, which overlook the Gulf of Trieste, with maritime links between Grado, Trieste and Monfalcone. And then during the summer, from Trieste, you can reach **Sistiana, Grignano, Barcola and Porto Vivo-Porto Vecchio**, and all year the maritime connection to Muggia is active.

over the peaceful waters of the Lagoon to discover islands like **Porto Buso - Anfora**, with a tasty stop in the restaurant with a dock or **Mota Safon**, location used to shoot part of the movie Medea by Pasolini. In the Gulf of Trieste, do not miss the boat tours under the **Castles of Duino and Miramare**, follow the current with services of **boats with skippers**, trips with the historic **sailing ships** and always be surprised by the many maritime lines that connect the entire Coast, integrating boat excursions with bike paths, food and wine stops, guided tours to discover the inland area.

365 DAYS OF SPORT AND WIND!

If, as soon as the wind rises, the call becomes irresistible, you are among the **kitesurf** enthusiasts who every year launch themselves in acrobatics on the Coast of Friuli Venezia Giulia. There are three main windsports where you can give your desire for sport: **Marina Julia, Grado and Lignano Sabbiadoro** appreciated for their constant and predictable winds, the low and safe waters and sports associations that offer equipment rental and personalised lessons, suitable for both beginners and professionals. Right on the beach, you can find numerous sports associations to practice **windsurfing** and a wide range of sailing courses. For those who love paddling, there are **tours in canoe and kayak** and why not choose a **SUP**, a relaxing alternative, practical with friends or family in its XXL version.

A HOLIDAY FOR TRUE CHAMPIONS!

Do you have a passion for **sports and adrenaline activities**? Windsurfing, kayaking, SUP, sailing, rowing, swimming, parkour and skateboarding await you along the Friuli Venezia Giulia coast. **Satisfy your desire for competition** on the volleyball and basketball courts, and treat yourself to a game of mini golf, but also padel and soccer. Don't miss the many sporting events that take place at the end of the summer, such as the **Barcolana**, the world's largest sailing regatta!



UNESCO SITE OF AQUILEIA AND PALMANOVA

If you love history and culture, the **UNESCO sites of Aquileia and Palmanova** are the right places for you. Stroll among the remains of the Roman forum, and enter one of the ancient domus and the complex of the Paleochristian Basilica with its spectacular floor. But if, on the one hand, **Aquileia** will surprise you with its imperial beauty, the city fortress of **Palmanova** will impress you for the preservation of the Historical Park of the Bastions and for its unforgettable nine-pointed star shape.



FOUR HAMLETS TO VISIT

The **seaside hamlets of the coast** are the perfect destination to take a walk in authentic places to rediscover traditional flavours and local customs. Experience the traditions of fishing in **Marano Lagunare**, delve into the alleys of the historic centre of **Grado**, among artisan shops, early Christian basilicas and the new Fishing and Lagoon Civilization Museum, and discover the legend of the white lady at the old manor house in **Duino** or go to **Muggia**, to admire the peculiar Istro-Venetian architecture and the castle.



AMONG SEA, SCIENCE AND CULTURE

Overlooking the coast, **Trieste** is an enchanting seaside city with a multicultural personality, intertwined with many traditions that still survive together today and that you can discover from land and water. An example is **Piazza Unità d'Italia**, the Habsburg square overlooking the sea that opens imperiously on the romantic promenade of the **Molo Audace** pier. Why not arrive by sea, guided by the **Victory Lighthouse** that watches over the city? From the top of San Giusto Hill, you can then visit the **Castle** and the **Cathedral**. This city of coffee and art is also an important scientific centre and the ideal destination for a relaxing break among sea, culture and tradition.

TWO WHEELS AND YOU CAN FLY!

Get on your bike and discover all the routes in the main seaside resorts of the Friuli Venezia Giulia Coast and the inland area! With many **bike paths, bike sharing services, bike and e-bike rentals and a calendar of guided tours** combined with delicious food and wine, historical and naturalistic stops by boat! In **Lignano Sabbiadoro**, you can count on more than **75 kilometres of routes and 30 kilometres of bike paths**, including the fascinating loop route that gives you breathtaking views of the Tagliamento River, the Laguna di Marano and the enchanting seafront of Lignano Sabbiadoro! Grado is your springboard to cycle routes immersed in green, leading to the Nature Reserves and the UNESCO cities of Aquileia and Palmanova. Particularly scenic is the cycle path that crosses the bridge, which gives a glimpse of the **Barbana Sanctuary**. And then fly through the Grado Lagoon, which represents the final stage of the **FVG1 Ciclovía Alpe Adria**, which connects Salzburg to Grado.



THOSE WHO DO NOT EMBARK ON ADVENTURES WILL NOT FIND HAPPINESS

With over 24 marinas, several nautical companies, and mooring points, Friuli Venezia Giulia is one of the **leading regions in Italy for the number of berths**, perfect both for annual moorings and for shorter stays during your cruises along the coast. From Lignano Sabbiadoro to the Marano and Grado Lagoon, passing through the Stella River and San Giorgio di Nogaro, continuing towards Grado, Aquileia and Monfalcone until you reach the Bay of Sistiana, Trieste and then Muggia: the coast of Friuli Venezia Giulia is a **paradise for boat lovers**



To be covered in small stages, using the intermodal links. Last but not least: the **FVG2 Adriatic Sea Cycle Route** that runs along the entire Friuli Venezia Giulia Coast, or the **FVG6 Tagliamento Cycle Route** that goes up the river from Lignano Sabbiadoro.

DO YOU WANT TO LEARN MORE?


Discover the itineraries and services on the app FVG Outdoor or the website: www.turismofvg.it/bike

THE RECIPE FOR WELLNESS...

Relaxation and well-being are imperative for holidays, and if you want to recharge your batteries, you just have to book a stay on the Coast of Friuli Venezia Giulia. You can choose among saunas overlooking the sea, hot tubs on the beach, wellness and well-being paths surrounded by nature, and a beauty farm with highly specialised staff, which enrich the offer of **numerous accommodation facilities equipped with SPA and wellness centres**. Overlooking the sea, the **Marine Thermal Baths of Grado** offers you the possibility


to swim in the pools powered by seawater, relax in the SPA and choose among massages and treatments in the wellness centre. Not far away, you can find the **Roman Baths of Monfalcone**, fed by a spring that flows naturally at a temperature of 38-39 degrees. And if you fancy a trip out of town, far above sea level, you cannot miss the **Thermal baths of Arta** in Carnia, where the benefits of the waters of the Pudia spring combine with the healthy climate of the mountain.






DOWNLOAD THE BROCHURE START YOUR JOURNEY

You can find all the brochures of Friuli Venezia Giulia at: www.turismofvg.it/brochure



FVG card

Your pass to experience Friuli Venezia Giulia



FVG card

48h card 1 week

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