


# MOUNTAIN



PURE NATURE

IO SONO  
FRIULI  
VENEZIA  
GIULIA

  
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ENG

# FVG card

Your pass to experience Friuli Venezia Giulia

**48 hours or 7 days** of excitement, culture and...entertainment.  
One Card for Friuli Venezia Giulia, starting from **25€!**



For your **mountain** vacation in Friuli Venezia Giulia, the FVGcard offers you lots of free or discounted opportunities: admission to museums and caves, rail bobsled rides and ski lifts, hiking and relaxation at spas, and much more!

**Fun, adventure, outdoor activities** and **relaxation** surrounded by the silence of the forests and the majesty of the peaks, a package that is fulfilling and saves you money at the same time.

## FREE admissions with the Card

- Major museums and attractions in Friuli Venezia Giulia
- Caves of Pradis
- Ice rink in Pontebba and Piancavallo
- Tarvisio and Piancavallo rail bobsled (unlimited rides at -50%)
- Monte Lussari gondola 1 lift Free (round trip)
- Funifor Monte Zoncolan 1 lift Free (round trip)
- Varmost chairlift 1 lift Free (round trip)
- Miravalle-Olbe chairlift 1 lift Free (round trip)
- Tremol 1 Piancavallo chairlift 1 lift Free (round trip)
- Gondola of Canin and Funifor Prevala Sella Nevea 1 lift Free (round trip)

## WHERE the FVGcard is sold

- Infopoint PromoTurismoFVG
- Affiliated facilities
- Online: [www.turismofvg.it/fvg-card](http://www.turismofvg.it/fvg-card)

*The card is valid even for 1 child under 12 years of age. Free admissions can only be used once per facility-service. The discounts are recognized only for the holder of the FVGcard.  
The facilities and services undergo variations.*



*Discover all the benefits*

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## FRIULI VENEZIA GIULIA: ANOTHER WAY TO EXPERIENCE THE MOUNTAINS

*Immersed between green valleys, majestic peaks, and emerald lakes, this is a diverse and surprising territory waiting to be discovered. A meeting point of Latin, Germanic, and Slavic peoples: this is the mountain of Friuli Venezia Giulia, the perfect destination for those ready to live **unique experiences off the beaten tourist paths**.*

*Here, in the heart of the most authentic Alps, **there is another way to experience the mountains**. A more natural and direct way, focused on sports, history, and contact with the people, welcoming and deeply connected to their traditions. A journey through **wonders, among Europe's largest preserved forests**, numerous parks, and nature reserves. The **wildlife thrives undisturbed**, with its population of chamois, ibex, and birds of prey: the majestic griffons, reintroduced thanks to a project by the Cornino Lake Nature Reserve, soar through the skies of Friuli Venezia Giulia.*

*In addition to the alpine pastures and protected areas, between rock walls and wild forests, **unforgettable experiences can be enjoyed, regardless of age or sports ability**: climbing, mountaineering, hang-gliding or paragliding, golf, fishing, canoeing, or SUP on rivers or lakes. For trekking enthusiasts, this is a paradise on Earth.*

*But in this beautiful border region, it is also easy to **feel at home**, living in small villages with the Albergo Diffuso Model and towns surrounded by lush pastures, discovering new cultures during the many **traditional and folkloric festivals**, and savouring the authentic taste of **local dishes**. It's time to prepare your backpack and boots!*





## ENCHANTMENTS OF PRISTINE NATURE

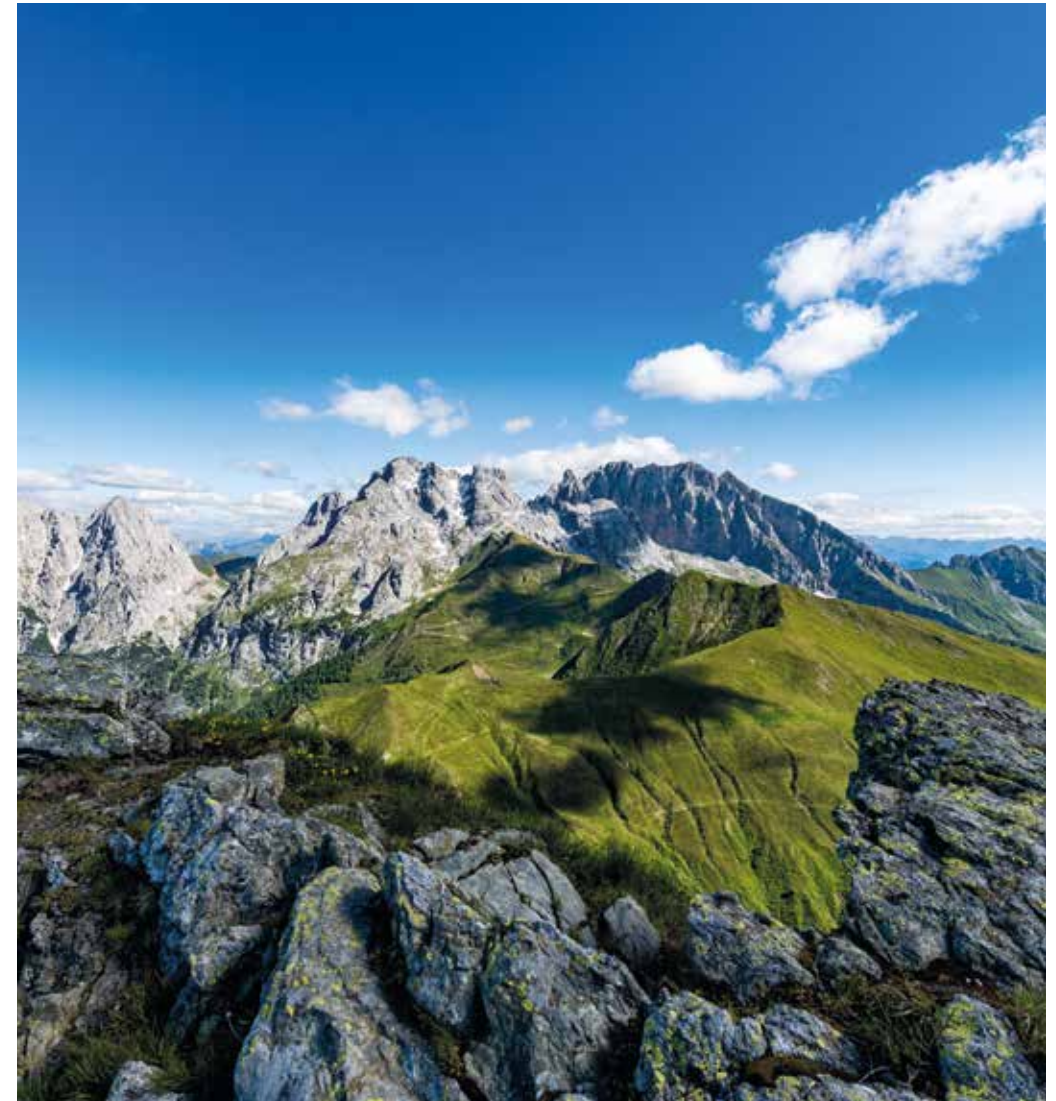
*Crossing the Friulian Dolomites to the Natisone Valleys is an evocative journey within everyone's reach. **The Friulian Dolomites, a UNESCO World Heritage site since 2009**, are nestled between the Friulian plain to the south and the Carnic Alps to the north, between the Piave Valley to the west and the Tagliamento River to the east. Born from deep seas and coral reefs, they are unique in the world and characterized by a tangle of pinnacles and spires, protected from mass tourism that has not taken root here. It is the realm of silence, perfect for those who want to savour the mountain in its rugged wholeness. These places are also steeped in history: along the border trails, one can discover **remnants from the Great War**, such as trenches and caves used by soldiers. It is an opportunity to remember what happened and **never forget the importance of peace.***

Adjacent to this, the **Carnic Alps** include **the highest peak of the region, Monte Coglians**, which, at 2,780 meters above sea level, towers over the small alpine village of Forni Avoltri. Surrounded by a landscape of rare beauty, it offers views that will remain etched in memory forever.

**The crown jewel of the Julian Alps**, however, is **Monte Lussari**. The village

surrounding the Sanctuary, accessible via the Pilgrim's Path or by cable car, is an oasis of tranquillity and a **spectacular balcony overlooking three countries**. The wild beauty of these mountains, so beloved by Julius Kugy, with peaks rising towards the sky and breathtaking panoramas at every step, captures the heart of anyone who discovers them. A corner of paradise between


Italy and Slovenia, spanning nearly 277,000 hectares, designated on both sides as the **Transboundary Biosphere Reserve of the Julian Alps** for its commitment to preserving a nature that knows no borders, thanks to a project coordinated by the Triglav National Park along with the Regional Natural Park of the Julian Pre-Alps.





# FRIULIAN DOLOMITES, PIANCAVALLO AND CANSIGLIO

*The Friulian Dolomites, a crown jewel of the territory of Pordenone, are a treasure chest of natural and landscape wonders, and silent witnesses to the area's history.*

Campanile di Val Montanaia 


## THE SLOW RHYTHM OF WATER CARVING THE ROCK

Rocks and slopes that have marked the past of these populations, such as in Erto and Casso, united by the tragedy of the **Vajont disaster**. Stories of towns bound by the awareness of a life without too many comforts, devoted to a daily life of simplicity, like Frisanco and **Poffabro**. The **Tramontina Valley** stretches towards the plain, bringing down the emerald waters that have made it famous throughout Europe. **Places of emerald-coloured pools, lakes, and torrents** to experience deep in an open-air adventure. In Barcis and Andreis, nature also imposes its presence with grand creations such as the **Forra del Cellina**, **one of Italy's largest gorges**, a testament to the timeless work of water on rock. Mountains that today offer themselves to visitors who

respect nature and are ready to immerse themselves in an **unspoiled natural environment**, where its wild side prevails with force, as in the Val Settimana or the Val Cimoliana. Here, in the heart of the Friulian Dolomites, the only way to access these beauties is at the slow pace of one's own steps. It is among these peaks that the **Regional Natural Park of Friulian Dolomites, since 1996, has highlighted the environmental uniqueness** of these dramatic landscapes and has worked towards the recovery and conservation of local traditions. A little further north, the **Monte Cavallo group** stands tall like a giant, reaching 2,251 meters above sea level at Cima Manera, and extending to lower peaks like Monte Sauc and Col Cornier. To the west, the Friulian part of the Cansiglio


Forest is a magical and quiet place of trails and dirt roads, ideal for hiking, and represents a **natural microcosm of great charm**. Further down, **the territory of Pordenone foothills is a true paradise for nature lovers**. Its varied landscapes include green hills, lush forests, and crystal-clear streams. Each season brings unique colours and atmospheres, making every visit an unforgettable experience. Additionally, **historic villages, such as Maniago and Spilimbergo**, are famous for their medieval architecture, frescoed churches, and ancient castles. Craft traditions, such as wrought ironworking and mosaic making, are still alive and represent a **valuable heritage to discover**.



 Lake of Barcis





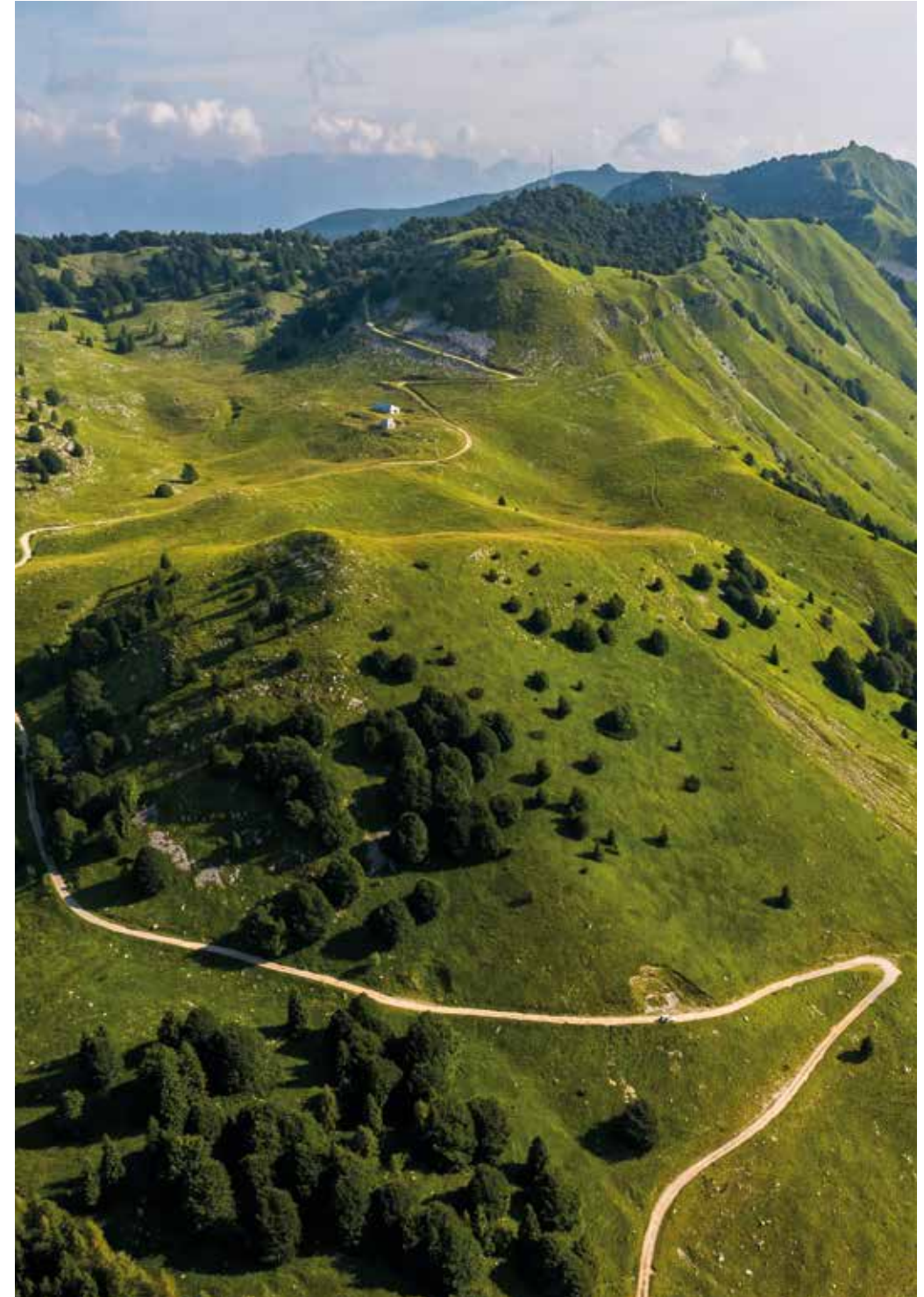
Piancavallo 


## PIANCAVALLO. BETWEEN SPORTS AND POSTCARD VIEWS

The Piancavallo area, in particular, is a **genuine natural balcony overlooking the Friulian plain**. The Cavallo group stands out for its steep slopes, which rise above dense forests and pastures, offering a **network of trails for hiking**. The Piancavallo Green Wellness project features 20 "pharmaceutical trails" covering approximately 200 km and 11,000 meters of elevation gain. This project caters to the needs of both younger tourists and

their families, as well as more experienced hikers, with the goal of promoting health-focused sports tourism. The trails can be undertaken as a wellness experience, a way to care for oneself, in a true open-air gym, free and always accessible. During the summer, the **Tremol 1 chairlift allows you to comfortably reach 1,630 meters** above sea level at the Baita Arneri mountain hut, where you can enjoy a

panoramic lunch overlooking the Friulian plain, start a trek, or race down the slopes on your mountain bike, thanks to **the possibility of transporting bikes to the peak**. Families and children can have fun in the valley-bottom area, where the **thrilling roller coaster ride awaits both adults and kids for an exciting experience**.



 Huts in Piancavallo, Collalto



#### IMPIANTI / LIFTS

- 108 - Seggiovia Tremol 1
- 108 - Tremol 1 Chairlift

#### SENTIERI / PATHS

##### 1 Sentiero Botanico

- 918 Sentiero CAI / CAI Alpine Trail  
Alta via dei Rondoï
- 924 Sentiero CAI / CAI Alpine Trail  
Piancavallo Casera Capovilla  
Val Sughet  
Forcella del Cavallo e incrocio  
con n. 918 2.050 m
- 925 Sentiero CAI / CAI Alpine Trail  
Casera Capovilla - sorgente Tornidor -  
Forcella Val Grande - Rif. Semenza
- 985 Sentiero CAI / CAI Alpine Trail  
Malghe di Collalto
- 992 Sentiero CAI / CAI Alpine Trail  
Carbonaie e Col Cornier
- 993 Sentiero CAI / CAI Alpine Trail  
Sentiero Gerometta  
Val Sughet - Baita Arneri  
Casera Palantina

- A Bob su rotaia / Alpine Coaster
- B Palasport / Sports hall
- C Pista di pattinaggio / Skating rink
- D Parco avventura / Adventure park
- E Campo da calcio / Football pitch
- F Campo da tennis / Tennis court

#### ALTRI SERVIZI / OTHER SERVICES

- A Sala convegni / Convention hall
- B Museo dell'alpeggio /  
Mountain pasture museum

#### LEGENDA / MAP KEY

- Ristorante / Restaurant
- Malga / Mountain hut
- Infopoint / Tourist information
- Parcheggio / Parking



- |   |   |                           |                         |                            |
|---|---|---------------------------|-------------------------|----------------------------|
| Cassa / Ticket office                             | Bar / Coffee bar                          | Area picnic / Picnic area | Minigolf                | Windsurf                   |
| Primo soccorso / First aid                        | Chiesa / Church                           | Trekking                  | Golf                    | Motonautica / Powerboating |
| Defibrillatore / Defibrillator                    | Chiesetta degli Alpini /<br>Alpine church | Ciclabile / Bicycle path  | Piscina / Swimming pool | Pesca sportiva / Angling   |
| Noleggio bici / Bike rental                       | Bancomat / Cash point                     | Mountain bike             | Calcio / Football       |                            |
| WC  | Parco giochi / Playground                 | Arrampicata / Climbing    | Bocce / Bowls           |                            |
| Strutture ricettive /<br>Hotels and Accommodation | Camper parking area                       | Parapendio / Paragliding  | Canoa / Canoeing        |                            |

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


# CARNIA

*There is a place where **nature, tradition, sports, and hospitality** come together to offer a perfectly balanced holiday. This place is called Carnia: an ancient land, located at the northernmost edge of Friuli Venezia Giulia, crossed by seven valleys that stretch towards the Carnic Alps and the Friulian Dolomites.*

Tiziana Weiss Track 



 Zoncolan

## THE LAND OF ANCIENT FLAVORS AND TRADITIONS

The landscape **features unforgettable harmony.**

Small churches, votive chapels situated at the foot of rugged mountains, alpine villages characterized by spontaneous architecture in stone and wood, and craft workshops that have passed down **artisan skills long forgotten elsewhere.**

Discovering the ancient face of Carnia is a unique experience, a world that survives despite modernity.

In Sutrio, skilled wood artisans create true works of art, while in the **Pesarina Valley**, clocks with ingenious mechanisms have been made since the 18th century, behind which lies the story of a Genoese pirate, **Solari, who sought refuge in this valley.**

This extraordinary cultural heritage is testified by the work of CarniaMusei, **a network**

**of museums scattered throughout the region:** from the Museum of Popular Arts and Traditions in Tolmezzo, which has revived the tradition of Scarpez de Cjargne – typical cloth footwear – through a **cultural heritage preservation project**, to the Mozartina Museum in Paularo, which hosts a collection of ancient and fully functioning musical instruments.

In addition to Italian, **the Carnic Friulian dialect and ancient Germanic dialects are also spoken in these places, such as in Sauris-Zahre**, the home of the Saurano, a delicious smoked ham, where Germanic traditions give the town a fairy-tale atmosphere from another time. Even in Sappada-Plodn, whose origins date back to the early Middle Ages and are attributed to the

Patriarch of Aquileia, it can be fun to learn some words or typical sayings of the ancient Germanic dialect.

**Carnia is the perfect setting for outdoor activities**, thanks also to the vast selection of panoramic trails, ancient roads, or paths through trenches and military positions from the Italian-Austrian front of the Great War. It is also a land of villages, like Paularo, an ideal destination for mountain and adventure lovers. Known as the **"Village of Mountaineers,"** (Bergsteigerdörfer) it **offers a unique experience amid breathtaking landscapes**, authentic traditions, and warm hospitality.



## FORNI DI SOPRA

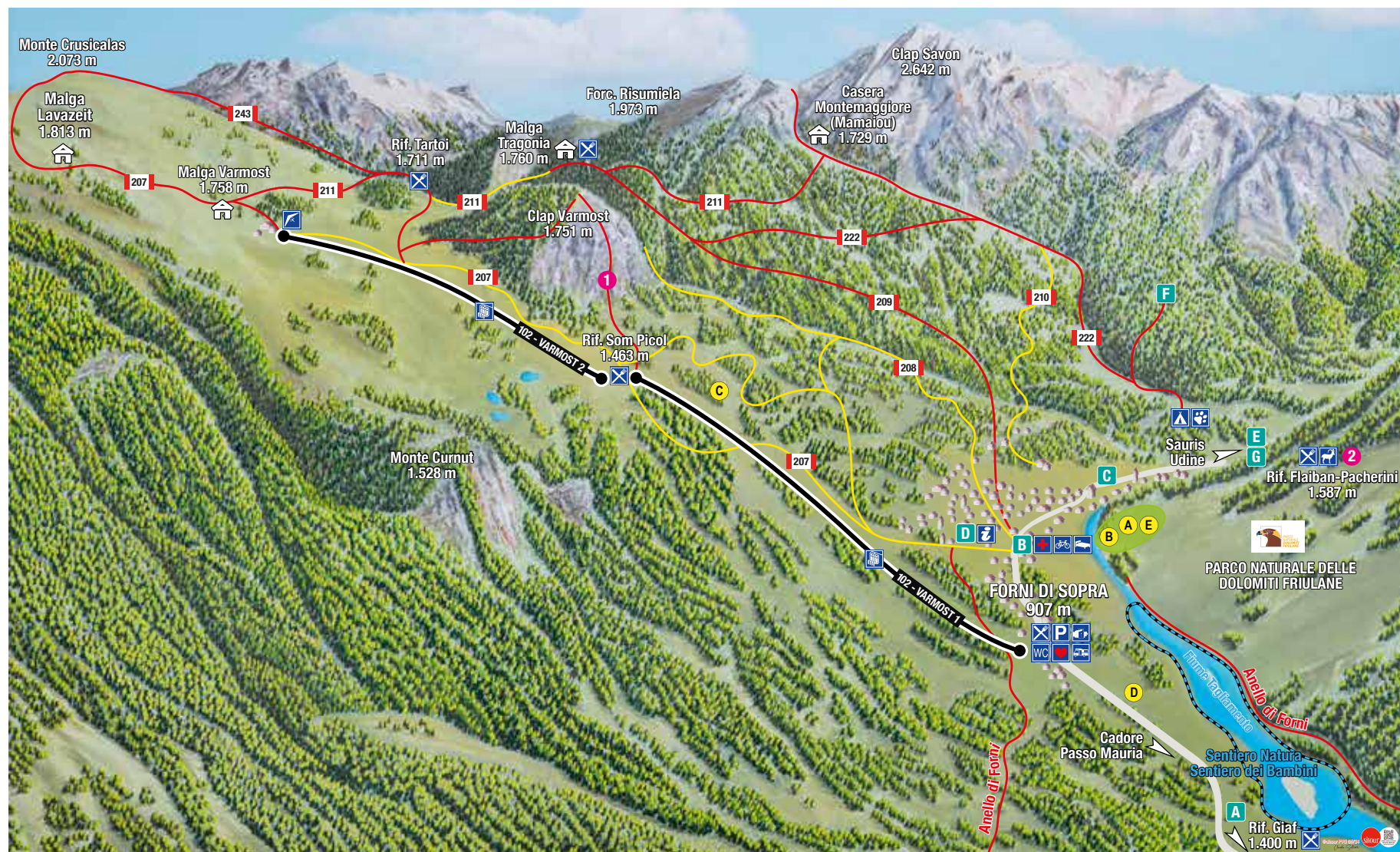
IO SONO FRIULI VENEZIA GIULIA

### IMPIANTI / LIFTS






-  101 - Seggiovia Varmost 1  
101 - Varmost 1 Chairlift
-  102 - Seggiovia Varmost 2  
102 - Varmost 2 Chairlift

### SENTIERI / PATHS








-  1 Adventure Climb Varmost
-  2 Ferrata Cassiopea
-  207 Sentiero CAI  
CAI Alpine Trail  
Forni di Sopra - C.ra Varmost -  
Passo Mauria
-  208 Sentiero CAI  
CAI Alpine Trail  
Vico - Puonsas - Casera Tartoi -  
Val di Tiarfin - Casera Razzo
-  Strada forestale  
Forest road
-  209 Sentiero CAI  
CAI Alpine Trail  
Forni di Sopra - Casera Tragonia -  
Casera Mediana - Sauris di Sopra
-  210 Sentiero CAI  
CAI Alpine Trail  
Forni di Sopra - Malga Montemaggiore -  
Malga Chiansaveit - Malga Mediana -  
Casera Razzo
-  211 Sentiero CAI  
CAI Alpine Trail  
Casera Varmost - Casera Tartoi - Casera  
Tragonia - Casera Montemaggiore
-  222 Sentiero CAI  
CAI Alpine Trail  
Forni di Sopra - D'Aguosas - Tamaras -  
Val di Laur (bivio sent. 209)
-  243 Sentiero CAI  
CAI Alpine Trail  
Casera Lavazeit (Valaseit) - Malga Tartoi


















### FUN

-  A Centro sportivo / Sports hall
-  B Fun Park
-  C Bike Park
-  D Parco avventura / Adventure Park
-  E Piscina e Wellness / Swimming Pool and Wellness

### ALTRI SERVIZI / OTHER SERVICES

-  A Antica fornace / Old furnace
-  B Museo rurale fornese / Fornese rural museum
-  C Museo il filo dei ricordi / Museum the thread of memories
-  D Centro visite Parco Dolomiti Friulane / Friulian Dolomites Park Visitor Center
-  E Sito archeologico / Archaeological site
-  F Larice centenario / Centennial larch
-  G Cascata Rovadia / Rovadia waterfall

### LEGENDA / MAP KEY

-  Ristorante / Restaurant
-  Malga / Mountain hut
-  Infopoint / Tourist information
-  Parcheggio / Parking
-  Cassa / Ticket office
-  Primo soccorso / First aid
-  Defibrillatore / Defibrillator
-  Noleggio bici / Bike rental
-  WC
-  Strutture ricettive / Hotels and Accommodation
-  Camper parking area
-  Campeggio / Camping
-  Parapendio / Paragliding
-  Area faunistica / Wildlife area
-  Area avvistamento stambecchi / Ibex sighting area

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## FORNI DI SOPRA BETWEEN CLIMBING AND ADRENALINE

Forni di Sopra, **an authentic village and the main tourist hub of the Friulian Dolomites**, must be discovered through its enchanting trails, adventurous mountain bike tracks, welcoming mountain huts, and cottages where you can taste the authentic flavours of local cuisine. **The Varmost area is an outdoor terrace of outstanding quality**, a natural balcony from which you can admire the endless rocky spires that rise majestically just a short distance away.

## SAPPADA A SUMMER OF HIKES AND UNFORGETTABLE VIEWS

Sappada is a gem nestled between the majestic Dolomites, where summer turns into an unforgettable experience. This charming

During the summer, the Varmost 1 and Varmost 2 chairlifts are open, offering the possibility **to attach your bike and comfortably ascend to 1,756 meters at the Varmost mountain hut**. Additionally, for climbing enthusiasts, the **"Adventure Climb Varmost" via ferrata at Clap Varmost** is an unmissable experience for skilled climbers. Accessible from the arrival of the Varmost 1 chairlift, this via ferrata ascends the southern face of Clap Varmost.

**The Gravity Park is a paradise for Downhill and Enduro enthusiasts**, with a network of technical trails that guarantee adrenaline-pumping descents. Access is facilitated by the transportation of your MTB to the top using the lifts. The trails, carefully prepared, require the use of a full-face helmet and protective gear, as per current regulations, **to experience the adventure in complete safety**.

mountain location offers a wide range of outdoor activities, ideal for those seeking tranquillity and immersion in nature.

The area around the Monte Siera refuge offers panoramic views of the entire Sappada Valley, with simpler hikes for those seeking a balance



Varmost - Forni di Sopra

between **adventure and relaxation**, as well as longer and more challenging routes that lead to **stunning and wild landscapes**.

After a day of adventures, there's nothing better than relaxing by strolling through

the woods or the ancient villages of Sappada Vecchia and Cima Sappada with their colourful flower-filled balconies. Here, time seems to stand still, and every corner has a story to share.

Summer in Sappada is also

an opportunity to immerse yourself in the local culture and traditions. Popular festivals, tastings, and events animate the summer season, offering an authentic and engaging experience.

## MONTE ZONCOLAN A PARADISE FOR HIKERS AND NATURE LOVERS

Monte Zoncolan, the peak of the Carnic Alps and **legendary in the cycling world** for the numerous stage finishes of the Giro d'Italia is affectionately called "Kaiser" by enthusiasts. This mountain is not just a symbol of challenge, but also **a summer paradise that offers entertainment and wonders** in all directions.

Numerous hiking trails wind from its summit at **1,700**

**meters above sea level**, accessible via the **cable car from Ravascletto**, allowing you to bring your bike along. Here, hikers can venture on **challenging treks** to the surrounding peaks, explore high-altitude trails for **MTB, E-Bike, and road cycling, or simply immerse themselves in the authentic flavours of dairy products at the surrounding mountain huts**.

Every step is a journey through the authentic tastes of Carnia, with welcoming refuges offering typical dishes and local delicacies. Whether it's a relaxing walk or an adrenaline-fueled adventure, Zoncolan promises unforgettable experiences for all mountain lovers.



Olbe lakes - Sappada



#### IMPIANTI / LIFTS

- 101 - Seggiovia Monte Siera  
101 - Monte Siera Chairlift

#### SENTIERI / PATHS

##### Sentiero Naturalistico

- 135 Sentiero CAI / CAI Alpine Trail Borgata Mühlbach - Laghi d'Olbe - Passo del Mulo
- 136 Sentiero CAI / CAI Alpine Trail Sentiero delle Portatrici
- 139 Sentiero CAI / CAI Alpine Trail Forni Avoltri - Staipe - Fienili di Pescol - Piani del Cristo - Borgata Puiche
- 141 Sentiero CAI / CAI Alpine Trail Borgata Granvilla - Rif. Monte Ferro - Laghi d'Olbe
- 230 Sentiero CAI / CAI Alpine Trail Cleva - Casera Tuglia - Passo Geu basso - Vallone Creta Forata - Bivio sentiero n. 321
- 314 Sentiero CAI / CAI Alpine Trail Borgata Granvilla - Piave - Passo Oberenghe
- 315 Sentiero CAI / CAI Alpine Trail Bivio sentiero n. 314 - Passo Elbel - Bivio sentiero n. 201
- 316 Sentiero CAI / CAI Alpine Trail Rif. F.lli De Gasperi - Passo Siera - Sappada
- 317 Sentiero CAI / CAI Alpine Trail Bivio sentiero n. 316 - Passo dell'Arco - Sappada
- 318 Sentiero CAI / CAI Alpine Trail Bivio sentiero n. 321 - Bivio sentiero n. 316
- 320 Sentiero CAI / CAI Alpine Trail Cima Sappada - Bivio sentiero n. 230
- 321 Sentiero CAI / CAI Alpine Trail Bivio sentiero n. 231 - Col di Siera Forcella Creta Forata - Bivio sentiero n.230 Cima Sappada

#### FUN

- A Parco avventura / Adventure park
- B Torre arrampicata sportiva / Sports climbing tower
- C Parco degli gnomi / Gnome park
- D Golf
- E Pesca sportiva / Angling



#### ALTRI SERVIZI / OTHER SERVICES

- A Museo etnografico / Ethnographic museum
- B Casa museo della civiltà contadina House museum of farming civilization
- C Parco della fauna alpina / Alpine fauna park
- D Piccolo museo della Grande Guerra Small museum of the Great War
- E Museo all'aperto della Grande Guerra Great war open air museum

#### LEGENDA / MAP KEY

- X Ristorante / Restaurant
- H Malga / Mountain hut
- I Infopoint / Tourist information
- P Parcheggio / Parking
- T Cassa / Ticket office

- Primo soccorso / First aid
- Strutture ricettive / Hotels and Accomodation
- Bivacco / Shelter
- Chiesa / Church
- Bancomat / Cash point

- Parco giochi / Playground
- Camper parking area
- Camping-Village
- Trekking
- Ice climbing

- Calcio / Football
- Tennis
- Cascata / Waterfall
- Sala convegni / Convention hall

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# ZONCOLAN

IO SONO FRIULI VENEZIA GIULIA

## IMPIANTI / LIFTS

101 - Funifor Monte Zoncolan

## SENTIERI / PATHS

157 Sentiero CAI / CAI Alpine Trail  
Ovaro - Forcella Meleit -  
Arta Terme

158 Sentiero CAI / CAI Alpine Trail  
Giro delle malghe dello  
Zoncolan  
Tour of Mt. Zoncolan's Alpine  
pastures

170 Sentiero CAI / CAI Alpine Trail  
Ravascletto - Monte Zoncolan -  
Monte Tamai - Monte Arvenis

## FUN

A Parco avventura /  
Adventure park

B Baby bike park

C Palestra outdoor /  
Outdoor gym

## LEGENDA / MAP KEY

Ristorante / Restaurant

Malga / Mountain hut

Infopoint / Tourist information

P Parcheggio / Parking

Cassa / Ticket office

Noleggio bici / Bike rental

WC

Strutture ricettive /  
Hotels and Accommodation



Parco giochi / Playground

Camper parking area

Trekking

Mountain bike

Parapendio / Paragliding

Minigolf

Piscina / Swimming pool

Calcio / Soccer

Pesca sportiva / Angling

Tennis

Autobus / Bus

Campeggio / Camping

Terme / Thermal bath

Salita Giro d'Italia / Ascent Giro d'Italia

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# JULIAN ALPS

In the northeastern corner of Friuli Venezia Giulia lies the territory of the **Julian Alps**, where the spectacular peaks of Mangart, Canin, Jof Fuart, and Jof di Montasio stand. They are located at the junction between the Carnic Alps and the Dinaric Alps, the long chain stretching from Slovenia to Albania. On the border between Italy and Slovenia, there has always been a blend of languages and cultures unlike any other: these mountains, the setting of the First World War, lie in the heart of Europe. Here, you will find Italy's largest state forest, covering 24,000 hectares throughout the territory.

## EMOTIONS WITH NO BORDERS

The undisputed symbol of this far corner of the Alpine chain is **Monte Lussari** with its small village and picturesque sanctuary, a traditional site of pilgrimage for Italians, Slovenians, and Germans, which transforms into a lively ski resort in winter. Some places touch the soul: the rugged beauty of its nature, the strong emotions offered by its mountains, its still-wild forests, the spectacle of the

streams, and the unique flora and fauna. These are some of the gifts of **the Valcanale and Malborghetto-Valbruna**, the heart of this valley. Places where time seems to have stopped, where the eagle, lynx, bear, and wolf have decided to return. But that's not all! In Malborghetto, alongside ancient and timeless traditions, you can attend high-level events, such as cultural showcases, food and wine

exhibitions, and music festivals. The meeting of three different biogeographical areas contributes to extraordinary biodiversity: we are talking about the Val Resia, 10,000 hectares of pristine nature protected since 1996 by the Regional Natural Park of the Julian Pre-Alps, which remains an ongoing subject of study.







Mount Lussari

## TARVISIO A MIX OF CULTURES, TRAILS AND WATER MIRRORS

Summer in Tarvisio offers the opportunity to ascend to the top with the **Monte Santo di Lussari cable car**. Here, you can explore hidden corners of the ancient village and visit the Sanctuary, enjoying a breathtaking view. For families, **fun is guaranteed in the valley-bottom Fun Park**, a green area full of attractions dedicated to younger visitors, where an adrenaline-pumping roller coaster and a zipline will

entertain even the adults. The **Bike Park dell'Angelo**, served by the lift of the same name, is a paradise for bike enthusiasts. For road cycling lovers, in addition to the **Alpe Adria cycle path**, there is the **Giro d'Italia climb**, accessible only uphill with bicycles, with a mandatory return by cable car. The Angelo chairlift is equipped for **transporting bicycles** and is an integral part of the bike area dedicated to

Enduro, all-mountain, and trail bike enthusiasts. **Two trail-flow paths**, with varying levels of difficulty, ensure fast and adrenaline-filled descents. By following the trails through the woods, you reach the famous **Fusine lakes**, nestled in a glacial basin, and the emerald-coloured **Lake Predil**, with its captivating and enchanting waters.



Sella Nevea

## SELLA NEVEA THE SUMMER PARADISE FOR TREKKING

Sella Nevea, nestled in the heart of the Regional Natural Park of the Julian Pre-Alps, is a rocky island that rises majestically above the Friulian plain, with a view towards the upper Adriatic. This unique natural environment, recognized as a **site of transnational interest**, has been shaped by the elements in incredible and unexpected ways. During the summer, the cable car that starts at 1,195

meters in Sella Nevea takes you up to the **Gilberti refuge** at 1,850 meters. From the summit, which is also accessible with your MTB, you can engage in trekking activities of various difficulties, follow **historical and natural routes**, and climb **via ferratas and cliffs**. Guided excursions organized by the park offer an unmissable opportunity to discover the local flora and fauna. Sella Nevea is located in an area

of great geological interest. The **Canin Massif**, with its karst formations, offers a unique spectacle of rocks carved by water over millennia. Park guides lead visitors through the geological exploration of the **Foran dal Mus trail**, which crosses one of the most renowned karst landscapes in Europe, with caves and abysses that tell the geological history of this territory.



#### IMPIANTI / LIFTS

- 101** - Telecabina Monte Lussari  
101 - Monte Lussari Cableway
- 102** - Seggiovia Dell'Angelo  
102 - Dell'Angelo Chairlift

#### SENTIERI / PATHS

- 1** Forest sound track
- 2** Parco tematico della Grande Guerra:  
*Therme park of the Great War:  
Abschnitt Saisera*
- 3** Parco tematico della Grande Guerra:  
*Therme park of the Great War:  
Bombaschgraben*
- 613** Sentiero CAI / CAI Alpine Trail  
Camporosso - Cima del Cacciatore -  
Bivio sentiero n. 617
- 617** Sentiero CAI / CAI Alpine Trail  
Monte Santo di Lussari -  
Sella Prasnig - Bivio sentiero n. 616
- 3** Sentiero degli animali / *Animal trail*
- 4** AniMalborghetto
- 5** Orrido dello Slizza - Slizza Gorge
- Cammino celeste / *Heavenly way*
- Alpe Adria Trail
- Ciclovía Alpe Adria Radweg
- Romea Strata

#### FUN

- A** Bob su rotaia / *Alpine Coaster*
- B** Zipline
- C** Bike Park
- D** Fun Park
- E** Golf
- F** Palazzetto dello sport / *Sports hall*
- G** Palaghiaccio / *Ice Rink*



#### ALTRI SERVIZI / OTHER SERVICES

- A** Antiquarium / *Antiquarium museum*
- B** Biologo / *Biological*
- C** Museo etnografico / *Ethnographic museum*
- D** Forte Hensel / *Hensel Fort*
- Museo all'aperto della Grande Guerra  
*Great war open air museum*

#### LEGENDA / MAP KEY

- Ristorante / *Restaurant*
- Infopoint / *Tourist information*
- Parcheggio / *Parking*
- Cassa / *Ticket office*
- Primo soccorso / *First aid*
- Defibrillatore / *Defibrillator*

- Noleggio bici / *Bike rental*
- WC
- Strutture ricettive / *Hotels and Accommodation*
- Autobus / *Bus*
- Treno / *Train*
- Santuario / *Sanctuary*
- Camper parking area

- Trekking
- Pista ciclabile / *Bike path*
- Bob su rotaia / *Alpine coaster*
- Zipline
- Parco avventura / *Adventure Park*
- Bike Park
- Arrampicata indoor / *Indoor climbing*



- Parapendio / *Paragliding*
- Skate Park
- Passeggiata cavalli / *Horse riding*
- Campo da calcio / *Football pitch*
- Museo / *Museum*
- Pesca sportiva / *Angling*
- Tennis

- Lago / *Lake*
- Dog Trekking
- Biotopo / *Biotope*
- Cinema
- Salita Giro d'Italia / *Ascent Giro d'Italia*

The purpose of this map is to show the location of services and facilities. We do not recommend its use for hiking or trekking purposes as it does not accurately depict the position of the trails. For safe hiking and trekking, we recommend the use of precise and detailed hiking maps.



#### IMPIANTI / LIFTS

-  101 - Telecabina del Canin  
101 - Canin Cableway
-  102 - Funifor Prevala

#### SENTIERI / PATHS

- 1** Anello delle malghe del Montasio
- 2** Sentiero geologico Foran dal Mus
- 3** Sentiero botanico del Bila Pec
- 4** Ferrata Julia
- 632** Sentiero CAI / CAI Alpine Trail  
Raccolana - Pusti Gost -  
Ricovero Crasso - Forchia di  
Terrarossa - Sella Grubia -  
Rifugio Gilberti
- 635** Sentiero CAI / CAI Alpine Trail  
Rifugio Divisione Julia -  
Rifugio Gilberti
- 636** Sentiero CAI / CAI Alpine Trail  
Sella Nevea - Bivio sentiero 636a  
- Sella Golovec - Sella Prevala - Rifugio Gilberti
- 636a** Sentiero CAI / CAI Alpine Trail  
Rifugio Gilberti - Pic Majot -  
Bivio sentiero n. 636
- 637** Sentiero CAI / CAI Alpine Trail  
Sella Nevea - Fontana Pian  
delle Lope - Conca del Robòn -  
Mulatteria del Poviz

#### ALTRI SERVIZI / OTHER SERVICES



- A** Mostra permanente speleologia e carsismo  
Permanent exhibition Caving and karst
- B** Musei Tarvisio / Tarvisio museums  
Parco Internazionale Geominerario /  
International Geominerary Park  
Mostra della Tradizione Mineraria /  
Mining Tradition Exhibit  
Museo Storico Militare "Alpi Giulie" /  
Historical Military Museum







- C** Fontanone, cascata e grotta di Goriuda  
Fountain, waterfall and cave of Goriuda
- D** Forte Col Badin / Fort Col Badin
- m** Museo all'aperto della Grande Guerra  
Great war open air museum






#### LEGENDA / MAP KEY

-  Ristorante / Restaurant
-  Malga / Mountain hut
-  Parcheggio / Parking
-  Cassa / Ticket office
-  Primo soccorso / First aid

-  Defibrillatore / Defibrillator
-  Noleggio bici / Bike rental

-  WC
-  Strutture ricettive / Hotels and Accomodation
-  Bivacco / Shelter
-  Polifunzionale / Mixed-used building
-  Trekking
-  Mountain bike

-  Bob su rotaia / Alpine Coaster
-  Zipline
-  Parco avventura / Adventure Park
-  Bike Park
-  Arrampicata / Climbing
-  Lago / Lake

-  Museo / Museum
-  Pesca sportiva / Angling
-  Cascate / Waterfalls

The purpose of this map is to show the location of services and facilities. We do not recommend its use for hiking or trekking purposes as it does not accurately depict the position of the trails. For safe hiking and trekking, we recommend the use of precise and detailed hiking maps.



# THE TERRITORY OF GEMONA

The territory of Gemona is home to two of its most charming historic towns: **Gemona del Friuli** and **Venzone**. Both were rebuilt after the devastating 1976 earthquake and have become **symbols of the region's resilience and rebirth**. Their medieval past is evident in the architecture and traditions, such as the Epiphany of the Tallero, celebrated every year in Gemona del Friuli. **Venzone, one of the Most Beautiful Villages in Italy**, is also known for its unique exhibition of mummies found in the tombs of the local cathedral.

## BETWEEN HISTORY, MUSEUMS AND NATURE

The territory of Gemona, rich in water and wetland environments, is home to the **Ecomuseum of Waters**, which highlights natural sites and expressions of both material culture (places, buildings, activities) and immaterial culture (memories, knowledge, traditions). Thanks to the commitment of the Ecomuseum, it has been possible to recover a typical sweet and spiced bread made from local grain flours, known as "**Pan di Sorc**," which is now

**part of the Slow Food Presidia of Friuli Venezia Giulia.**

The beauty and variety of the natural environment make this area ideal for numerous **outdoor sports and activities**, from cycling to trekking, and air sports to water sports in **the Lake of the Three Municipalities (Lake of Cavazzo) or along the Tagliamento River.**

For air sports enthusiasts, the Volo Libero Friuli association, based in Gemona del Friuli, offers a variety of activities,

**including tandem tourist flights and flight schools.** The area boasts two magnificent take-off points: one on **Monte Cuarnan**, overlooking Gemona del Friuli, and the other on Monte San Simeone, which dominates the town of Bordano, also known for the presence of the Casa delle Farfalle, a living museum that houses an **extraordinary variety of species from forests around the world.**





# THE TORRE AND NATISONE VALLEYS

*The Torre and Natisone Valleys, on the border with Slovenia, are **a jewel of rare natural and cultural beauty**. These valleys offer unforgettable landscapes characterised by green hills, thick woods and crystal-clear streams that flow through ancient villages and towns.*

## FOR PEOPLE WHO ARE LOOKING FOR CULTURE AND NATURE

The Torre Valleys are ideal for those who love to **immerse themselves in wild nature**. Rich in water that creates spectacular karst streams and waterfalls, such as the Boncic stream in the Campo di Bonis plain, they offer **breathtaking views from the Carnic and Julian Alps to the Adriatic Sea**. The paths leading to the Gran Monte range allow you to admire precious vegetation (asphodel, irises and various types of lilies) and interesting wildlife (griffon vultures, deer, bears, lynxes and wildcats). These **natural attractions** are popular with lovers of hang-gliding and paragliding, mountain biking, speleology,

climbing and horse-riding. The Natisone valleys (Nediške Doline in Slovenian), which are connected to Cividale del Friuli and the Isonzo valley, are located in the easternmost part of Friuli Venezia Giulia. **Monte Matajur** (1,641 metres), which dominates the area, offers a **spectacular view from its grassy peak, stretching from the Adriatic Sea to the Julian Alps**. It is an ideal place to admire the surrounding landscape and take unforgettable photographs. The forests of ash, chestnut, hazel, linden and hornbeam offer the visitor a **variety of colours and scents throughout the year**. Along

the paths, you can see various species of animals such as roe deer, wild boar, hares, foxes, squirrels and, if you are lucky, traces of bears. These valleys **preserve Slovenian traditions and culture, with rituals and customs** linked to Christmas, Carnival and the Kries bonfire. The natural attractions attract lovers of mountain biking, caving, rock climbing and horse riding, and there are many themed trails such as the Gadda Trail, the Artists' Trail, the Votive Chapels Trail and World War I sites.





# THE EXCITEMENT OF HIKING

## FOR THOSE WHO LOVE ADVENTURE MANY ARE THE RECOMMENDED STAGE TRAILS

The **Alpe Adria Trail**, a route that leads from the majestic peaks of the Alps to the enchanting Adriatic coast, is a unique adventure that crosses three countries - Austria, Slovenia and Italy - offering breathtaking views, rich culture and unspoilt nature.

[www.alpe-adria-trail.com](http://www.alpe-adria-trail.com)



The **MADE** Trail, on the other hand, crosses the Alpine arc from the Dolomites of Sappada to the Julian Alps of Tarvisio, along the 144 km of the Carnic Ridge. This route, which meanders between Friuli Venezia Giulia and Austria, **links mountain huts, agritourisms and shelters** on both the Italian and Austrian sides.

The Ring of the **Friulian Dolomites** allows you to immerse yourself in the wildest nature. It is a **four-stage itinerary** that connects mountain refuges immersed in the silence and uncontaminated nature of the Friulian Dolomites Park.



The **Cammino Celeste** (the Heavenly Way) is a unique itinerary that takes you through breathtaking landscapes and places of deep spirituality. This route, which winds its way between Italy, Austria and Slovenia, invites you to **rediscover yourself in the pristine beauty of Friuli Venezia Giulia** and the surrounding regions.

The **Cammino delle Pievi** (Trail of the Parishes), inspired by the Camino de Santiago de Compostela, crosses Carnia and can be **travelled on foot or by bicycle**. It passes through historic churches, places of silence and spiritual reflection. The route is divided into twenty stages, ten of which include the historic churches of Carnia and two sanctuaries.




In the Natisone valleys, the **Cammino delle 44 Chiese Votive** (Trail of the 44 Votive Churches) allows you to discover works of art and architecture of great value, known only to locals and a few connoisseurs.



# WELLNESS AND FLAVOURS AT HIGH ALTITUDE

The mountains of Friuli Venezia Giulia are also a place of **wellness and relaxation**. Immersed in a relaxing alpine setting, guests at **Arta Terme** enjoy the therapeutic effects of the Acqua Pudia thermal waters, known and used since ancient times. The spa **combines sulphurous water treatments with wellness and aesthetic packages in which Ayurvedic and Eastern techniques are combined with innovative thermal products**, allowing guests to achieve complete harmony between body and mind.

Thermal baths of Arta 

In the wide expanses of the Friulian Dolomites and the green of the Carnic and Julian Alps, surrounded by beautiful landscapes and luxuriant forests, Friuli Venezia Giulia offers **wonderful experiences of immersion in nature and multisensory and ecological walks** - ideal places for practising forest bathing. A trip to the mountains also means discovering the flavours of a rich cuisine and a varied production of dairy products and cured meats, including **PDO Montasio cheese**, which has been produced in the region since the 1200s and takes its name from the plateau of the same name, as

well as **Prosciutto di Sauris** and **Pitina**, both of which have received the PGI (Protected Geographical Indication) certification. Travelling through these lands, you can visit restaurants and discover the personal, **carefully guarded recipe of the special dish called Cjarsons** - semi-sweet ravioli stuffed with a mixture of wild herbs or potatoes, with raisins and sometimes even chocolate, and seasoned after cooking with melted butter and cinnamon. Travelling through the valleys also means discovering the **local food producers and their typical products**: Carnia Borlotti beans, Formadi Frant,

a Slow Food Presidium made from a mixture of grated cheeses of different ages with salt, pepper, cream and milk, the "ont" (butter), mushrooms, wild berries, mountain honey, Carnia maize for polenta and savòrs, a mixture of finely chopped vegetables in glass jars, Resia garlic, called Strok by the locals, and Radic di Mont, tender wild chicory collected from the mountain pastures; the Asino cheese, the Filon - lean, boneless loin rubbed with herbs and smoked with beech or juniper wood - and the Brusaula, also known as Pindulis, made from strips of lean meat, cured and dried.



Montasio Cheese 




Sauris ham 



Pitina 



Cjarsons 



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## AN APP, ENDLESS POSSIBILITIES

All the hiking and biking trails, with useful information and tips for your excursions at your smartphone's fingertips. With the **FVG OUTDOOR app** you can discover an entire territory through the eyes and advice of those who live it. Whether you're an experienced cyclist or a novice hiker, a lover of picturesque villages or unspoiled nature, you'll find everything you're looking for on our interactive map... and more.



**DOWNLOAD APP  
FVG OUTDOOR**







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## 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 BIKE

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



[www.turismoofvg.it/montagna](http://www.turismoofvg.it/montagna)

FSC



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