


CARNIA



A MOSAIC OF COLOURS
BETWEEN DOLOMITES
AND CARNIC ALPS

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FRIULI
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GIULIA



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CARNIA

**A MOSAIC OF COLOURS
BETWEEN DOLOMITES
AND CARNIC ALPS**

THE EXPERIENCES YOU CAN LIVE IN FRIULI VENEZIA GIULIA



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“EMELANCHOLY ECHOES A LIGHT OF STARS TO THE REMOTE AMAZED PEAKS OF CARNIA”

Pier Paolo Pasolini

One territory... 7 VALLEYS, among history food nature and craftsmanship.

There is a place where you can rediscover the spirit of the mountain, where views and architecture, food and customs, landscapes and traditions have remained intact over the centuries. This place is called Carnia: an ancient land, at the extreme edge of Friuli Venezia Giulia crossed by 7 valleys that extend towards the **Carnic Alps** and **Friuli Dolomites**, which are a **UNESCO** heritage. A small paradise of mountains, water and woods: the ideal land for all outdoor sports, in summer and winter. You can choose to go horseback riding, fishing, climbing, hiking to the malghe (shepherd huts) and shelters, hang gliding or paragliding. You can play tennis or go canoeing, ski on cross-country rings or come across ski mountaineering trails, climb ice and cycle on snow with fat bikes or go snowshoeing in the woods.

Here the landscape, the history, the culture and language are distinguished from town to town, just like the agri-food products and the artistic craftsmanship, which are heirs to a great tradition preserved in the precious museums. In these places apart from Italian, you will also hear Carnic Friulan and ancient German dialects, such as Saurano, Timavese and Sappadino; it will be fun to learn a few words or sayings. In short, a land to be discovered, to feel and to taste; where tourism means hospitality and friendliness. A friendliness that you will find in small villages perched in the valley or in larger centres such as the “capital” **Tolmezzo, the gate of Carnia**, an essential starting point for discovering this green land.

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A FAMILY HOLIDAY

A holiday in Carnia with the people you love the most!! Never-ending emotions among lakes, waterfalls, gorges, canyons, thousand-year-old forests and rocks that will be the backdrop of your Carnia experience, of which you will be the protagonist. Why not consider staying in a high-altitude shelter and walk along paths dotted with wooden sculptures or fun signs that will accompany you. You won't even notice that you have reached the foot of the peaks where the air is fresh and regenerating, and nature offers unforgettable fairy tale scenery.

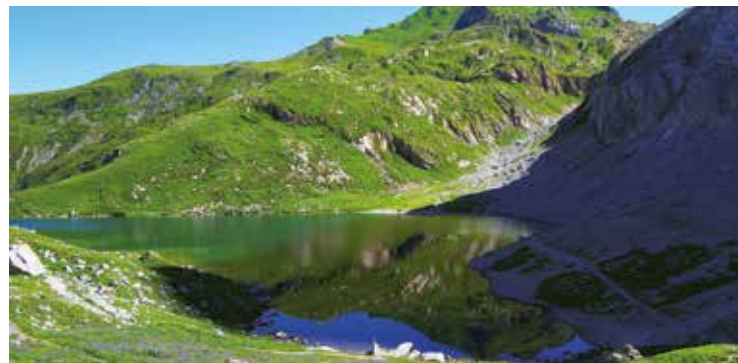
You can also choose a more accessible and scenic route using the **ski-lifts** that will allow you to reach the heights without great effort and continue to the malghe (shepherd huts) and shelters. The Monte Zoncolan cable car reaches an altitude of 1700 metres in just a few minutes, from here you can undertake an easy hike even with a pushchair or your 4-legged friend. Charming cows and grazing animals will welcome you to their home to reveal the secrets of life in the malga and offer you fresh and genuine products to tease your taste buds on a rug under the shade of centuries-old woods. Exploring the valley floor in a mysterious and fun key is what **Ravascletto's "Il**

Bosco Racconta" offers, which will reveal the legend of cute Carnic elves. A trip to Ravascletto is also worth it to test yourself in the new and exciting **Madessa Adventure Park**. A bike ride all together in complete safety along the cycle paths will allow you to reach places rich in charm and history; yes because in Carnia almost all the small towns have a little museum or exhibition that reveal artistic and historical treasures. The gentle slopes of the Intercommunal Park of the Carnic hills offer peaceful walks for everyone, there is also a little lake where you can fish and a riding stable, that organizes riding lessons and horse trekking.





Olbe Lakes – Sappada



Volaia Lake – Forni Avoltri

A DIVE INTO RELAXING FRESHWATERS

The call of a land of fascinating nature, in which the water element seems to dominate.

There are many creeks in Carnia that end up in spectacular waterfalls: the **Salino Waterfall** and the **small waterfalls of Chiaulis** in Val d'Incarojo, the **Radime Waterfall** that during the heavy rains flows from the rocky ridge above the town of Villa Santina, the **Arzino Waterfalls** which can be reached from Sella Chianzutan or the Preone Valley, the **Waterfall of the Favarinis Creek** that plunges into a gorge of Mount Amariana, the **Fontanon** of Timau the sparkling karst spring of the But creek, the **Fuas Waterfall** in Val Pesarina, the **Plera Waterfall** in Invillino and the **Cladonde Waterfall** immersed in the nature of Raveo. Waters that once moved the wheels of mills, sawmills and blacksmith workshops such as the **Farie di Checo** in Cercivento, today a museum, which dates back to the 14th century, or the mills of Illegio where the **Mulin dal Flec** is the only one still in

operation. Silent waters, which mirror the surrounding peaks in the lakes, such as the enchanting **Lake Bordaglia**, located at the bottom of a basin of glacial origin within the **Oasis of Bordaglia**, the largest oasis of wildlife refuge (2180 hectares) of the region. Here nature offers an unforgettable encounter with wild animals such as the chamois, roe deer and deer, marmot or fox, ermine, marten and stone marten. And also the white partridge, the golden eagle and the rock partridge. Not to mention **Lake Avostanis**, above the Pramasio forest at the foot of a climbing wall, and the alpine lakes of **Zoufplan** on Mount Tenchia and **Dimon**, above Paluzza and those of the Sauris mountains: **Festons, Malins, Pezzacucco, Rioda, Razzo and Mediana**. Also, the two small lakes of **Tarond** and **Crasulina** located a short distance from the long and uniform ridge that connects Mount Crostis to the west with the Zoufplan to the east. The **Olbe Lakes** of Sappada are authentic high-altitude lakes.

Several paths lead there starting from the bottom of the valley. **The lake of the three municipalities** called Lake Cavazzo is the largest body of water in the region and offers a rich flora and fauna with numerous species of fish and birds. Walking or cycling along its banks is really pleasant, with picnic areas for a stop and several bird-watching stations, in fact, the entire valley is also renowned for the presence of numerous species of butterflies: do not miss a visit to the **House of Butterflies of Bordano**. The lake offers relaxing beaches where you can sunbathe or play in the water, rent a boat, practice windsurfing and maybe see some paragliders flying in the skies above the lake. Another lake worthy of mention is **Lake Verzegnis** located in the green hamlet of Chiacis. And if you have never been to **Sauris** the small village at 1400 metres, you will be charmed by its emerald-green lake on which to paddle surrounded by majestic and lush mountains. To

fully relax, there is a spa on the edge of the wood that awaits you - it is the Grien SPA. In Carnia there are many sources of sulphurous mineral water, coming from gypsum levels included in the limestone formations: the most famous are in **Arta Terme**, but there are also sulphurous or ferruginous sources flowing in Forni di Sotto, Pierabech, Villa Santina, Pradibosco, Culzei, Pesariis, Fusea, Illegio, Ravascletto and Dierico. The **thermal waters of Arta** have been famous since Roman times, as an ancient but effective remedy for the treatment of childhood illnesses, but also as a place to enjoy the pools. At the same time, mum and dad can enjoy relaxing saunas and beauty treatments in the spa. The outdoor park offers a mini-golf course, two tennis courts, a paddle court and a cycling path that coasts the river But and provides bicycle rides to discover the surrounding territory.

THE DOLOMITES IN FRIULI VENEZIA GIULIA

Forni di Sopra is the pride and joy of the **Friuli Dolomites**, **UNESCO** heritage and **Alpine Pearl**, and the most appreciated destination by families. In the Park of the Friuli Dolomites, the paths are suitable even for small feet, such as **"Percorso sensoriale natura"** (Ecomuseo Fornese) along the children's path children's path, a ring road that winds through the woods along the Tagliamento River. If you are lucky, along the paths that cross the woods you could meet Harluck, the elf that is at home in Forni di Sopra and that lives near a centuries-old larch one of the largest and oldest in the area: you just have to follow the signs "Truoi di Harluck". At the **Dolomiti Adventure Park**, you can challenge yourself on routes created in the wood, with paths from tree to tree made of rope, walkways, nets and cableways. For those who are brave enough, the adrenalin-filled **Powerfan** gives you the chance to dive from the top of a tree

with a jump of 15 metres. Older kids can experience the sensation of climbing a wall with the **Adventure climb Varmost**. At the same time, younger children will enjoy themselves among the inflatables of the **Fantasy Park** both in summer and winter. Relaxation and fun in the indoor pool of the gym pool complex that offers various possibilities such as the multifunctional gym, the basketball, volleyball, five-a-side football courts, a boulder room and a swimming pool with a lagoon and a slide for the little ones. Not to mention the wellness centre with sauna, steam room, emotional showers and baths. **Sappada**, at an altitude of 1,250 metres, is a great little pearl in the **Dolomite landscape**. Sappada is synonymous with relaxation, traditions and active holidays in all seasons, with a choice of numerous high altitude excursions, to alpine refuges or to the peaks of the mountains surrounding the valley



Protected plant life – Friulian Dolomites Natural Park

during the summer months, and the many activities on the snow during the winter season. The town is characterised by a valley floor that follows the course of the **Piave river** (which sees its source in Sappada), along which it is possible for everyone to walk or cycle freely surrounded by nature. There are several playgrounds along the route, such as the most recent **"Plodn Park"**, where the games recall the phases of the miner's work, the symbol of the municipality of Sappada. Not to be forgotten is the play zone at the sports centre made almost entirely of wood. You cannot miss a visit to the **Sources of the Piave River**, a trekking of 2.30 h from Cima Sappada along the Val Sesis, from which you can then proceed with an easy hike to the Calvi Refuge, at the foot of Mount Peralba, a symbolic site of the battles of the First World War, the evidence of which is still clearly

visible in the area. To discover the historical part of the town, there is a walk through the villages of **Sappada Vecchia**, which has become part of **"I Borghi più belli d'Italia"** (Italy's most beautiful villages), characterised by old wooden dwellings, fountains and flower-filled balconies that preserve a beauty of the past. In the centre of the town, a simple and evocative path leads to the little waterfalls of the **Mühlbach village**, which are illuminated in the evenings of the summer months; in the same village, it is possible to admire the **'Alpine Fauna Park'** deer, which children are always enthusiastic about. In the Deer Park area, there is also the **Gnome Village**; children will find 8 little houses of their own size among which they can have fun. A "classic" of Sappada is the **Zieglhitte Lake**, where anyone can try trout fishing, and take home their catch.



Sappada



AMONG TH MALGHE (SHEPHERD HUTS) AND SHELTERS

The magical world of the Carnic mountain offers excellent hospitality and refreshment in the malghe (shepherd huts) and shelters, on the alpine pastures, where rare flowers and charming cows are the backdrop of a place where time seems to have stopped. If you are curious to discover almost forgotten tastes and mountain pasture trades, why not stay in one of the holiday houses of the cows. In the **malga**, You will be able to taste and purchase tasty cheeses, delicate ricotta, butter or other local specialities such as frico (cheese dish) with polenta or the cjarsons (a type of ravioli). After that all you have to do is enjoy the beautiful sunset over the Carnic mountains, you will be in the front row! A myriad of CAI (Italian alpine club) signposted paths, allow you to reach these spectacular places on foot, by mountain bike and E-bike or why not on horseback. Here flora and fauna best express their grandeur. The shelters, apart from being places of rest and refreshment where it is often possible to taste typical dishes, are also a gateway onto culture and art. In fact, in the summer months, they host musical and literary meetings related to the exhibitions of **“Note in rifugio”** (notes in the shelter) and **“Parole in rifugio”** (words in the shelter). Fun initiatives such as **“Girarifugi and Giramalge”** (around the shelters and around the malghe) will be an incentive for the whole family to encourage and reward the walkers: with each visit to one of the huts/shelters the manager will give you a stamp. Once all the stamps have been collected, you will receive a nice reward.

LIKE AN EAGLE OVER THE PARK OF THE FRIULI DOLOMITES

www.parcodolomitifriulane.it


Its logo is the golden eagle, the majestic birds of prey that fly solitary among rocky peaks; and brush the tops of coniferous forests, like the larch, pines and fir trees. We are talking about the **Nature Park of the Friuli Dolomites**, a true natural paradise, full of interesting routes, which protects about 37,000 hectares of woods and peaks where it is not difficult to come across roe deer, chamois, deer, ibexes and marmots. The symbol of the park is the **bell tower of Val Montanaia**, an imposing rocky tower that overlooks the valley of the same name. Among the various routes, there is the **Sentiero dei bambini** (children's path and the Nature Path): educational-hiking itinerary used in environmental

education activities; the **Path Truoi dai Sclops** or Path of the Gentians: it is the most evocative route of the Park on the Forni side, for the botanical peculiarities that are found there in the various typical environments of the **Dolomites**, among mountain pine bushes, scree, pastures and alpine grasslands. **Truoi dal Von** is an itinerary suitable to all excursionists that winds along a relief backing the Dolomite ridges of Cimacuta. The name comes from a characteristic conglomerate boulder that is located on the ridge of Pocagneit and called Clap dal Von (Stone of the Ancestor). In the municipality of Forni di Sotto you will find the **Sentiero della Forcella Lareseit** that will lead you on

the discovery of a place which is part of the main linking area between the valley of alto Tagliamento and that of alta Valcellina. Experiencing the Park means making a stop at the **Visiting centre of Forni di Sopra and Forni di Sotto** that host thematic exhibitions, documentary archives, small guesthouses, and educational paths suitable to everyone. The Vegetation and The Forests are the topics, which are widely illustrated and supplemented by themed excursions, such as those dedicated to children, for example, the Children's Trail and the **Val Poschiadea**. All year round the Parco Wellness Outdoor offers a rich and varied calendar of excursions, sports and activities.





Geological Museum– Ampezzo 

YOU LEARN BY BEING CURIOUS

In Carnia, we know how to catch the attention and curiosity of your children without giving up a few hours of absolute fun and relax. Starting from Tolmezzo, the **Museum of Popular Arts** offers an interesting introduction to the culture, arts and crafts of Carnia, in Zuglio at the **Civic Archaeological Museum** through the relics children can play at becoming archaeologists. Spending an evening all together gazing at the stars in the **Astronomy Centre la Polse in Cougnes** is an experience to enjoy, the centre also hosts a very rich botanical garden to discover the many wild plants present in this area.


To learn how a watch works and how many different types there are, a visit

to Pesariis di Prato Carnico is a must, here a **Watchmaking Museum** and an **Outdoor Monumental Route** reveal the fascinating secrets of time.

In **Illegio** di Tolmezzo, it is possible to walk along the road of mills, where you can admire a 17th-century mill that is still working: the **Mulin dal Flec**. Also in Illegio, an art exhibition with loans from the world's most prestigious museums is offered every year in the **Casa delle Esposizioni**.

And what about the geological aspect? In the **Geopark of the Carnic Alps**, you will find yourself back in time in a moment. The Visitors Centre of the Timau lakes or the Geological Museum of Ampezzo take you back 450 million years. Or you can get to the heart of the



 Clock Making Museum of Pesariis

geological history along the hiking routes of the **Geotrails**, such as the tourist level palaeontological path **Stavoli Lunas**, within the Preone area, a site with palaeontological and geological peculiarities that give it supranational interest. Also in the area of Tolmezzo, beneath Mount Amariana, you can discover the trail of the **Alluvium cone of the Rivoli Bianchi**, which thanks to the information signposts provides indications on the geology of the area, on the fossils found here and also on typical flora and fauna of scree environments.

In Ampezzo in the **Biotype of Cima Corso**, an excursion of about 2 km, will give you the chance to see

an example of black woodpecker, an owl and a little owl or even a stork. Being a wet and marshy area, many amphibians inhabit it. In August an interesting and rich calendar of educational workshops, **Bimbinmuseo**, is available free of charge for children from 6 to 11 years old. As well as organized trips for beginners or already experienced riders at the Randis (Arta Terme) and Bram's Ranch (Paularo) riding stables.

ON THE SNOW WITH THE CHILDREN

And when the magical winter arrives, and the peaks are dressed in white, playing on the snow is fun. The various skiing resorts offer a choice of ski runs suitable to every level and with the help of the ski instructors your children will learn to take their first steps on the snow and make new friends in the amusement parks. **On the Friuli Dolomites and the Carnic Alps, the ski runs are always ready, safe and suitable for all levels.** Every year the Ski Schools prepare a varied programme of group or individual courses, to teach alpine skiing, snowboarding and cross-country skiing. The **Forni di Sopra basin**, located at an

altitude of 900 metres and surrounded by beautiful Dolomite peaks, offers the possibility of reaching 2073 metres by chairlift, from where the view covers the whole of the Dolomites, from Antelao to the Three Peaks of Lavaredo. The descent on the **Varmost ski run** is almost 7 km long. Several other facilities also allow skiing at the bottom of the valley in **Davost**, not far from the town. Here the ski runs are suitable to beginners and children, who can also enjoy the **Fantasy Snow Park** play area, with runs for sledges and inflatables. The **resort of Monte Zonocolan** can be reached easily from Ravascletto

with the modern cable car with independent cabins or by car from Sutrio along the road that rises to an altitude of 1300 metres.

In **Sappada**, the snow is family-friendly: there are slopes for every level, but the highlight is **Nevelandia**, the largest snow play area in FVG, where the Sappy mascot will accompany the whole family to try games including obstacles, tunnels, moving carpets, toboggan and tubing routes, snow amusement for the enjoyment of adults and children and a cheerful entertainment under the sun, where parents can relax and get a tan while

their children have fun in the snow. **Smaller facilities** are located in the resort of **Pradibosco-Pian di Casa Sauris**, where husky dog sledge rides or snowmobile excursions lead to the discovery of hidden corners. And why not try **Nordic skiing with the whole family**? In Carnia the cross-country rings wind through centuries-old woods, such as the **Centro Fondo Pian di Casa in Val Pesarina**, the **International Centre "Carnia Arena"** of Piani di Luzza in **Forni Avoltri**, also specialized for **biathlon**, the **Tagliamento ski run in Forni di Sopra**, in **Sappada** and in **Laghetti in Timau**.





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LOSE YOURSELF IN A SEA OF GREEN

Enchanting Carnia offers its guests wonderful natural and to some extent still wild landscapes, rocky peaks and green valleys, which are the perfect terrain for all open-air activities. Nordic walking, mountain bike or E-Bike excursions, horse riding, or vie ferrate (equipped climbing routes) to discover the places of the Great War. Paragliding and hang-gliding flights, scenic roads such as the cart track in Friuli Venezia Giulia the Panoramica delle Vette (Scenic route of the Peaks), a 35 km route to be covered by motorcycle or bicycle under Mount Crostis from Tualis to Ravascletto (check the opening before embarking on the uphill climb). Endless adventures to discover a fascinating and mysterious land.

TREKKING FROM THE FRIULI DOLOMITES TO THE CARNIC ALPS

Trekking in Carnia can be tackled with challenging climbs, beautiful vie ferrate (protected climbing routes) or along more traditional roads and easy trails. A complete trek among the wilderness to be completed in five days is the **Alta Via di Forni**, that winds through the splendid basin of Forni di Sopra, in a continuous succession of natural and geological environments. The itinerary offers many variants of difficulty and length and can be interrupted without any problem to get back to your car. The starting and arrival point is the campsite "Tornerai" in the hamlet of Andrazza or the Centre of Forni di Sopra. Through the



Geotrails of the cross-border project **Geopark of the Carnic Alps**, it is possible to admire and learn about the many geological peculiarities of the territory, such as the hiking level trail (4 km) to reach the bizarre rock formations of the Lander Bell Towers in Arta Terme. Along the **Tiziana Weiss trail** in Ampezzo on the Passo Pura, the 12 explanatory stations along the way provide interesting indications on the correlation between geology and vegetation. In **Forni di Sotto** some colourful spurs called **Campanili di Costa Baton**, will leave you speechless for their peculiarity.

The **Via Alpina**, a network of 5 excursion itineraries through the eight Towns of the Alpine arch, also passes through Friuli Venezia Giulia with the yellow Itinerary that links the sea to the mountain. 40 stages from 0 to 3000 metres of altitude. Thanks to the 200 km long **MADE Trek** itinerary it is possible to start from **Sappada** and reach **Tarvisio** or vice versa along the **Carnica Ridge** at high altitude on dirt roads, paths and old mule tracks without significant hiking difficulties, with the support of the malghe (shepherd huts), shelters and farmhouses.





Ossuary Temple - Timau



Open Air Museum – Pal Piccolo

HISTORY PASSED THROUGH HERE

The itineraries in the area which were sad backdrops during the **Great War** today are moving and touching **places to discover thanks to the museums and trekking** routes among breathtaking natural landscapes. You can relive the experiences and the life of the soldiers and like almost a century ago you can walk along the trenches, admire the military constructions and visit the places of the battles. These paths lead to discover places rich in history, which served to supply the frontline posts during the Great War and are the same routes used by Carnic men to emigrate to central Europe, the **paths of the Cramârs**. A short walk from the Calvi Shelter at the foot of **Mount Peralba in Sappada** you can

visit the forts, and the itinerary of **Mount Zermula in Paularo** where you can visit the various remains of trenches and tunnels dug in a strategic way along the Italian-Austrian front. Not to mention the mountains around the **Passo Monte Croce Carnico** one of the spots of the **“Carnia area”** that saw most battles. The itineraries of the **Pal Piccolo and Freikofel**, are a real open-air museum where the Italian and Austro-Hungarian military structures are still visible. The most expert hikers can choose the **Creta di Collinetta** climb, paying particular attention to the equipped stages where a ferrata climbing kit is necessary. The **Passo Volaia** is particularly beautiful thanks to its splendid lake. It can be reached from

Collina in **Forni Avoltri**, where the cannon and machine-gun posts are still visible in the impressive Italian trench. In the **valley, you can visit museums, exhibitions and memories of the Great War** like in the small hamlet of Timau (Paluzza) where you will find an interesting museum, an ossuary and discover the story of Maria Plozner Mentil and the other Carnic carriers. Other museums concerning the Great War can be found in Forni Avoltri and Sappada. If you want to retrace history above Lake Cavazzo, you can take a hiking itinerary to reach one of the most important **military constructions of the early 1900s, the Fort of Mount Festa**, which was part

of the defensive system of the Alto Tagliamento - Val Fella together with the forts of Osoppo, Mount Ercole and Chiusaforte, able to control any invasions from the confluence of the Fella and Tagliamento rivers as well as from the Val del Lago. Its construction dates back to 1910 and is connected by a long military road of 8 kilometres that from Interneppo reaches the peak of the mountain at 1060 metres of altitude. To learn more or before your visit to the Fort at the **Permanent Exhibition** in Cavazzo Carnico you can see memorabilia, documents, equipment and illustrative panels that recount the historical events related to the fort.

THE MAGIC OF WINTER IN CARNIA

Magical Carnia in summer but also in winter, to experience adventures on the snow surrounded by majestic peaks such as the Friuli Dolomites and the Carnic Alps, where skiing away from the crowds is a luxury that is possible. The **ski resorts of Ravascletto-Zoncolan** and **Forni di Sopra**, suitable both to the less expert and the most demanding are the leading resorts for downhill skiing. From the peak of the **Zoncolan**, there is a complete view of the Carnic and Julian Alps and the Friuli plain reaching the Austrian and Slovenian border: **23 km of splendid sunny ski runs**, with a **freestyle arena** for the manoeuvres of snowboarders and freestylers and the ski resort of **Pradibosco-Pian di Casa**, perfect for beginners and children. **Forni di Sopra**, in the Friuli Dolomites, offers two skiing areas, one downhill, dedicated to beginners and another at high altitude for the most experienced that reaches

2000 meters. The village offers the **Fantasy Snow Park** where children and adults can have fun together, and the **"Tagliamento" ski run for Nordic skiing**, open even at night. **Sappada** among the high Dolomites is a ski area suitable for families and first approaches to the snow, but also adrenaline-filled climbs on the ice waterfalls and in particular for **Nordic skiing**. Along the **18 km of cross-country tracks**, it will not be difficult to meet great champions such as Silvio Fauner, Pietro Pillitter and Lisa Vittozzi. Here the sunny **Nevelandia snow park** offers fun attractions and entertainment for children. **The tradition of Nordic skiing in Carnia is very deep-rooted**. A few kilometres from Sappada, in **Forni Avoltri**, we find the **international biathlon stadium**, the **Carnia Arena Federal Centre**, which among larch, fir and beech woods offers ski runs from the most demanding to the easiest,



one of which is illuminated. Other cross-country centres are: the **Pian di Casa cross-country centre in Prato Carnico** and the **Laghetti di Timau in Paluzza**, which have seen the likes of champions such as the Di Centa brothers in training. In the charming village of **Sauris**, nominated by the UNWTO **Best Tourism Village in 2022**, tranquillity reigns supreme, white expanses of snow invite you to enjoy **excursions with sledges pulled by husky dogs**, snowmobiles or with your skis for **ski mountaineering** excursions on beautiful signposted routes. The downhill slopes are suitable for first approaches on the snow, and Nordic skiing offers ski runs that wind through landscapes of rare beauty. Not only skiing, the winter program **"Live the Winter in the Carnic Alps and Friulian Dolomites"**, offers a wide range of activities. You can decide

whether to go snowshoeing, climb an ice waterfall, ride a dog sledge, or a snowmobile, pedal over the snow with fat bikes or do ski mountaineering led by expert alpine guides. For those who love to experience the uncontaminated mountain, choosing to climb to snow-capped peaks and then descend along off-piste routes, there are many ski mountaineering routes. Not to mention that if you are accompanied by the guides of the Ski Mountaineering School, you can spend a day having fun in complete safety. When the ski facilities are closed in the Zoncolan and Forni di Sopra resorts, on certain days it is also possible to climb with skins or snowshoes, to then descend perhaps under the moonlight.



ADVENTURES BETWEEN SKY AND WATER

Tumultuous waters, which descend into streams, creeks, waterfalls and pools eroding the rocks in bizarre forms, guarantee fun and adventure to **canyoning enthusiasts**. Visit the evocative **waterfall of the Favarinis Creek** in Amaro. Legendary and full of charm is the **Vinadia gorge** between the municipalities of Lauco and Villa Santina, flanked by rocky walls, which are nearly 200 metres high. It is accessed through various climbing passages suitable for the most experienced. For expert hikers, in the Paularo valley, the **Gorge de Las Callas** is worth a visit, locked in by limestone walls which are almost 200 metres high and near the only silver fir registered as a natural monument of the region called **la Palma**. In **Sauris**, apart from beautiful hikes through pastures and malghe and paddling on the lake in a canoe or on a SUP, an adrenaline-pumping adventure awaits you: The **longest zipline in Europe** that will allow you to fly for 3 km suspended above century-old firs and the crystal waters of the lake. The sky of Carnia has been the stage of the world hang gliding championships if you also want to experience this thrill in safety, two-seater **paragliding** or **hang gliding**

flights will give you the chance of enjoying the nature from a new perspective. Touch the sky with a finger on the discovery of the most exciting and spectacular vie ferrate (equipped climbing routes) in the heart of the Carnic Alps. The **Ferrata Tinisa** in Ampezzo or the challenging Ferrata senza confini of the Passo Mount Croce Carnico and the magnificent ascent to **Mount Coglians** (the highest peak of the region). Never-ending cliffs and rock walls for climbing enthusiasts, among the most spectacular, is the cliff above the enchanting **Lake Avostanis**, suitable for climbers of all levels. Every year the historic **Arrampicarnia** climbing gathering takes place in September. The **Farina del Diavolo** is a low altitude via ferrata that can be climbed all year round above Villa Santina. Well equipped, it is ideal for a half-day climb. In Sappada the climbing tower offers more demanding routes for climbers, and a first approach accompanied by the FVG alpine guides. In Forni di Sopra there is the **Adventure Climb Varmost**, the exciting equipped route for sports climbing.



ADVENTURES ON TWO WHEELS

Experience the beauties of the Carnic mountain on your motorcycle, from the Passo di Monte Croce Carnico to the climb of the Zoncolan, passing through the Passo della Mauria and the Cason di Lanza. It is an exciting experience to enjoy in company or even alone to discover these unique places of rare beauty. Follow, for example, the route of the Tagliamento river which starts from the exciting hairpin bends of the Passo della Mauria to Forni di Sopra crossing much of Carnia, and leads to the seaside resort of Lignano Sabbiadoro. Mountains, lakes, hills and marine landscapes will be the backdrop for a 170 km long journey as long as the river. Fun bends and breathtaking views are what you can find among the roads of Carnia. Enjoy the unique experience of travelling for kilometres without ever becoming bored, among small villages, beautiful woods and alpine lakes. Experiencing the mountain on two wheels also means experiencing nature ecologically and sustainably. Here in Carnia, there are several places to rent pedal-assisted bicycles, the so-called E-bikes that offer, even to the unfit the excitement but also the satisfaction of reaching unexpected places without great effort on the legs.





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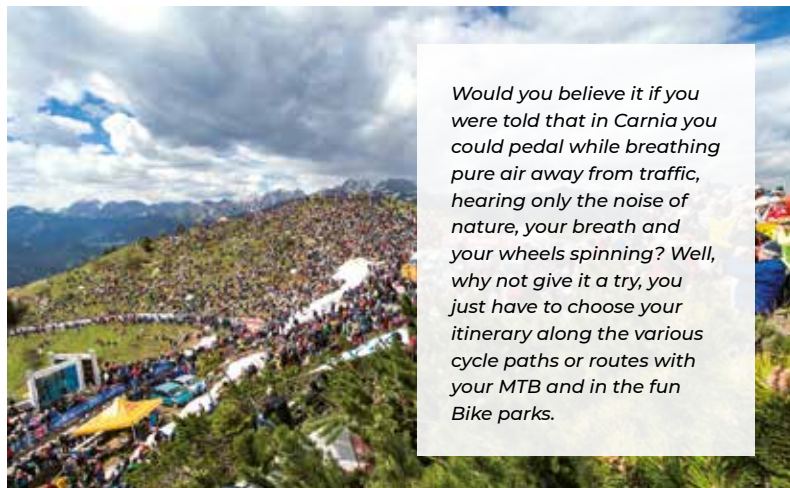
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Would you believe it if you were told that in Carnia you could pedal while breathing pure air away from traffic, hearing only the noise of nature, your breath and your wheels spinning? Well, why not give it a try, you just have to choose your itinerary along the various cycle paths or routes with your MTB and in the fun Bike parks.

Giro d'Italia - Zoncolan

CLIMBS FOR REAL CLIMBERS

The most trained cyclists who are passionate about racing bikes and who like to try their hand at challenging climbs should know that in Carnia there is **the steepest climb in Europe**, a glorious stage of the **"Giro d'Italia"**, which from Ovaro reaches **mount Zoncolan**. It consists of 10 kilometres with an elevation difference of 1000 meters, where most stages have a slope above 10% and some often exceed 20% and the hairpin bends are few and narrow. The Panoramica delle Vette (scenic route of the peaks) at the foot of Mount Crostis, just opposite Mount Zoncolan, also offers an ascent starting from Comeglians with slopes between 10 and 14%. Leaving the coniferous wood a landscape opens offering a fantastic view over the Alpine arc. Between one series of hairpin bends and another, you reach an altitude of 1900 metres

where the famous dirt road of about 7 kilometres begins with ups and downs and then flies downhill to the village of Ravascletto. Last but not less difficult, is the "Stentaria" that in local language means struggle already evoking the commitment that it takes to face it. Starting from Mione di Ovaro and arriving at Passo della Forcella, 6.08 kilometres await you with an elevation difference of 1111 metres and an average slope of 18.27%, but with stretches over 20% and peaks of 28%. Here it is no joke, but the good thing is it can be ridden both by MTB and by racing bike as it is paved and in the steepest stretches cemented. On reaching the mountain pass, the effort is immediately repaid by a fairy tale landscape over the cheese hut pastures of Forchia, Losa, Gerona and Pieltnis.

www.turismofvg.it/it/bike



Monte Tenchia

ADVENTURE ON MTB

MTB lovers are spoilt for choice between paths and ad hoc routes. The **Zoncolan** offers twelve different mountain bike routes ranging in length from 6 to 35 km and with elevation differences from 500 to 1500 m, on dirt or asphalt roads, and along mule tracks and paths. Landscapes, scents and dialects will accompany you along the roads of the Carnic valleys, such as the **tour of the malghe in Forni di Sopra**, a 14 km route, with an elevation difference of 880 metres), or the **circuit from Forni Avoltri to malga Tuglia**, the **tour of the Sauris malghe**, 22 km, with 1100 metres of altitude difference.



Zoncolan



In the brand new pump circuit in the **Bike Park of Ampezzo**, you can have fun with manoeuvres in the three downhill routes plus another 3 trails suitable for educational and tourist activities. **4 Valleys Trail:** a permanent, marked MTB and e-MTB trail, 100 km long and with more than 4,000 meters of elevation gain. The ski lifts open even in summer allow you to reach high altitudes with your bike and then launch into adventurous descents. Here then, in Forni di Sopra with the Varmost chairlifts, you will find a great all-natural Gravity Park for the practice of some mountain bike specialities in particular downhill and enduro. You can enjoy the routes by renting a mountain bikes. There are numerous guided excursions offered by tour operators in all seasons. Bike tours and religious tourism blend perfectly along the 20 stages of the Cammino delle Pievi (the church trail) that are also suitable to mountain biking and follow routes of the valley-bottom on dirt or paved roads. The **MADE Bike itinerary** is evocative and suitable for trained bikers, with its 217 km and an elevation difference of 1500 metres it connects the valley floor with the malga areas of the cross-border region. From Sauris it heads towards Zoncolan, Promosio and crossing into Austria leads to the Montasio Plateau. The less trained can use a pedal-assisted bicycle, a useful support to enjoy such a fascinating itinerary.

www.guidemtbfriuli.it

IN ALL SAFETY ALONG THE CYCLE PATHS

Easy cycle paths suitable to the whole family start from Tolmezzo and wind towards the valley of the But creek and Tagliamento river, the three itineraries proposed and included in **FVG8 "The cycle path of the Carnic mountains"** are:

- 1. Direction Zuglio and Arta Terme** a 10 km route that with slight climbs skirts the waters of the But creek.
- 2. Direction Villa Santina and then Ovaro, FVG8/a** flat path up to Villa Santina and then skirting the Degano creek, you cycle on the site of the old railway to Ovaro, for a total of about 20 km.
- 3. Direction Cavazzo Carnico/Pioverno and then Venzone**, a well-shaded itinerary on the right bank of the Tagliamento river with stretches of dirt road. If desired, the journey can continue to Venzone the medieval town completely rebuilt after the 1976 earthquake. From Venzone you can join the **Cycle Route Alpe Adria**, the cycle path that connects Salzburg to Grado. You can choose whether to head to the alpine peaks then Moggio Udinese, Pontebba and Tarvisio or towards the sea touching cities such as Gemona del Friuli, Udine Palmanova, Aquileia and therefore Grado.

At cycle tourists' disposal:

www.turismofvg.it
www.alpe-adria-radweg.com





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San Lorenzo - Sauris

SLOW EXCURSIONS WALKING AMONG THE ANCIENT PIEVI (PARISH CHURCHES)

The **Pievi**, architectures that have survived centuries of change, are today the memory of the Christianization of the ancient Alpine peoples. There are ten pievi in Carnia

Perched on hills and high grounds guarding the community and the valleys below. They are San Floriano di Illegio, Santa Maria Oltrebut di Tolmezzo, Santo Stefano di Cesclans, San Martino di Verzegnis, Santa Maria Maddalena di Invillino, Santa Maria del Rosario of Forni di Sotto, Santi Ilario and Taziano di Enemonzo, Santa Maria Annunziata di Socchieve, Santa Maria di Gorto di Ovaro, San Pietro di Zuglio. A step-by-step route has been

designed to discover them all, called "Cammino delle Pievi" (the church trail), which is accessible on foot or by MTB, to be undertaken as a whole (about two weeks) or on and off by choosing the stages time by time. The **stages are twenty** and the starting point is in Imponzo in Tolmezzo. The last one is in Zuglio: A **fascinating spiritual walk** that passes through mountain villages, valleys, creeks and hills among the Carnic Alps and Prealps. The route winds through old paths of the low mountain and alpine CAI (Italian Alpine Club) signposted paths.

www.camminodellepievi.it



Panorama dalla Pieve di San Pietro

Starting point: Imponzo di Tolmezzo

Arrival: Zuglio

Average stage length: 14 km circa

Total length: 260 km circa

Difference in elevation: 9.834 mt

First Stage: from Imponzo to Illegio

Second Stage: from Illegio to S.Maria Oltrebut-Caneva/Casanova di Tolmezzo

Third Stage: from Tolmezzo to Cesclans

Fourth Stage: from Cesclans to Villa di Verzegnis

Fifth Stage: from Villa di Verzegnis to Invillino - Villa Santina

Sixth Stage: from Invillino-Villa Santina to Enemonzo

Seventh Stage: from Enemonzo to Socchieve

Eight Stage: from Socchieve to Forni di Sotto

Ninth Stage: from Forni di Sotto to Forni di Sopra

Tenth Stage: from Forni di Sopra to Sauris di Sotto

Eleventh Stage: from Sauris di Sotto to Rifugio Tenente Fabbro

Twelfth Stage: from Rifugio Tenente Fabbro to Sappada

Thirteenth Stage: from Sappada to Prato Carnico

Fourteenth Stage: from Prato Carnico a Cella - Ovaro

Fifteenth Stage: from Ovaro to Zovello

Sixteenth Stage: from Zovello to Timau

Seventeenth Stage: from Timau to Treppo Carnico

Eighteenth Stage: from Treppo Carnico to Dierico di Paularo

Nineteenth Stage: from Dierico di Paularo to Piano D'Arta

Twentieth Stage: from Piano di Arta Terme to San Pietro - Imponzo

SLOW EXCURSIONS

THE ROMEA STRATA

The Romea Strata is an initiative of the Pilgrimage Office of the Diocese of Vicenza, in collaboration with the Centro Italiano Studi Compostellani (Italian Centre for Compostellan Studies). It aims at rediscovering an ancient pilgrimage route, walked over the centuries by many pilgrims heading towards important faith destinations such as the three peregrinationes majores: Rome, Santiago e Jerusalem. By connecting the different stages

of the ROMEA STRATA, five main directions of travel are formed, which connect to the routes that enter Italy from central-eastern Europe and vice versa. The stretch of concern to Carnia the **Romea Iulia Augusta** runs along the ancient Via Iulia Augusta, which in Roman times connected Norico with Aquileia. There are **five stages** that from Passo **Mount Croce Carnico** at 1350 metres lead to **Tolmezzo** (323 metres). www.romeastrata.it



46 "Open air Bible" - Cercivento



Pieve di San Floriano - Illegio

Stage n° T1IA

Passo Monte Croce Carnico-Cercivento

Lenght: 16.9 km.

Duration: 5.00 h

Stage n° T2 IA

Cercivento-Zuglio

Lenght: 13.4 Km.

Duration: 4.00 h

Stage n° T3 IA

Zuglio-Cesclans

Lenght: 21.2 km.

Duration: 6.00 h

Stage n° T4 IA

Cesclans-Venzone

Lenght: 11.3 km.

Duration: 2.30 h

Stage n° T5 IA

Zuglio- Pieve San Floriano- Illegio- Tolmezzo

Lenght: 13.2 Km.

Duration: 4.00 h



TASTE EXPERIENCE

CARNIA'S TRADITIONAL CUISINE

By exploring the colourful universe of folk traditions and the fascinating nature of this land we can even smell the scent of the spices of the **cramârs**, i.e. the former door-to-door salesmen who moved beyond the Alps between 16th and 17th century to sell them in the German-speaking countries. The **wild plants** offered by the fields are also used to prepare the so called **cjarsons**, that are semi-sweet ravioli filled with different types of plants or potatoes, raisin and sometimes chocolate and flavoured after being cooked with **melted butter** and **smoked ricotta cheese**. Every family or restaurant has a personal receipt that will be never revealed.

The **Toç in braide** is another speciality

to be tasted here; such simple but tasty dish arose from the traditional use of it to make the daily polenta tastier and more comforting. The great biodiversity of this mountain area reflects in **eight Slow Food products**: the apples **Antiche mele dell'Alto Friuli**, the cabbage **cavolo capuccio di Collina di Forni Avoltri**, the **çuç di mont** (mountain cottage cheese), the **formadi frant** ("reclaimed" cheese which was produced by mixing non-consumed or faulty dairy cheese with cream and pepper), the **fava di Sauris**, the pears **pere Klotzen dell' Alpe Adria**, the **radic di mont** (Cicerbita Alpina) and the **Varhackara di Timau** (pesto sauce made with lard, speck, smoked bacon and spices) in the

municipality of **Paluzza**. This area offers many delicacies, in particular dairy products, sausages and high quality charcuterie.

The renowned smoked ham **prosciutto di Sauris** (a IGP product) takes its name from the village Sauris, which offers an excellent speck too; however, cold cuts like the ossocollo, the culatello, the salami and the cotechino can be savoured in the whole Carnia. Moreover, there are further delectable products to be tasted, here: **Carnia Borlotti beans** - in particular in **Pesariis** -, the **Verzegniss** turnip, the **saurnschotte** (fresh cream cheese seasoned with tarragon) in **Sappada**, mushrooms, berries, the mountain honey, the

Carnia corn for the preparation of polenta and the savôrs, an extremely tasty mixture of ground spices which are stored in glass jars. **Craft beer** production is also very wellknown in the whole area, especially in **Sauris** and in **Forni di Sopra**.

The **brandies** produced here are also excellent, like the plum spirit **Slivovitz** from **Cabia** in Arta Terme. Last but not least, the delicious **Tiramisù**, created by Norma Pielli in the 50's, in Tolmezzo. On www.tastefvg.it (in the route **Da noi in montagna**) you can find out all products, producers and restaurants of Carnia related to the **Strada del Vino e dei Sapori del Friuli Venezia Giulia**.



50 Toç in braide



51



Cjarsons



Brovada



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Pinacoteca Davanzo - Ampezzo

A DAY AT THE MUSEUM

In Carnia, countless testimonies still tell of its past: ethnographic and art collections, ancient factories, naturalistic and geological exhibitions, historical and archaeological museums. In fact, the Carnia CarniaMusei Museum Network was born to give value and visibility to the heritage of this border territory.

www.carniamusei.org

A WALKING AMONG MUSEUMS, CUSTODIANS OF HISTORY, ANCIENT CRAFTS AND HANDICRAFTS

Definitely worth a visit are: the **Geological Museum of Ampezzo** that gathers rocks and fossils dating back 450 million years, the **Naturalistic Museum of Preone**, in the area flying reptile fossils of the Jurassic era have been found, the **Permanent Fossil Exhibition in Arta Terme**, the Visitors Centre **Geoparco della Carnia** at **Laghetti di Timau** and the **Civic Archaeological Museum of Zuglio**, that houses finds from the prehistoric age to that of the Early Middle Ages. The most recent history is told in the **Museum of the Great War of Timau**, with memorabilia and documents testifying to the dramatic events on the line of the Italian-Austrian front, also witnessed in the **Piccolo Museum of the Great War of Sappada** and the **Permanent Exhibition of Forni**

Avoltri. Pesariis in **Prato Carnico** takes you back in time. Thanks to the **Path of Monumental Watchmaking and its Museum**, it is possible to admire the many different ways of counting time, thanks to the watches that were produced there until the 18th century. Not to be missed is a visit to **Paularo's Mozartina**, a unique collection of musical instruments, in **Treppo Ligosullo** the **Gallery of Modern Art Davanzo - Ampezzo** named after Enrico De Cillia. While in **Verzegnis** it is worth visiting the park of contemporary outdoor art in the Art Park. In the village of Cervento on the walls of houses, mosaics and frescoes tell the story of sacred writings in **"Una Bibbia a Cielo Aperto"** (An Open-Air Bible). Thousands of wild herbs and plants are harvested in Fielis di **Zuglio**

near the **Polse di Cougnès**, of which Carnia is among the wealthiest areas in Europe. While at the **Permanent Exhibitions** of the **"Civiltà Contadina di Lauco"** and the **"Ex Latteria di Cleulis"** in **Cleulis di Paluzza** the testimonies related to the milk supply chain are preserved.

The ancient crafts are kept up such as **woodcarving and processing, weaving, iron and stone processing**, the realization of **scarpèts** (traditional velvet slippers), the **decoration of terracotta** and the basket weaving such as **gerla** (type of basket).

History is beautifully documented in the **Museum of Popular Arts of Tolmezzo**, heirs of a tradition, covering a period from the 17th to 21st century. A large section is dedicated to the textile tradition, which in 1700 thanks to the entrepreneur **Jacopo Linussio** gave work to 30,000 people and sold the valuable artefacts throughout Europe. In the artisan shops of Villa Santina and Sauris it is possible to buy fabrics that re-propose the ancient designs of the time and not only. The furniture is decorated with refined carvings following the techniques of the ancient masters, such as the beautiful chests. Some artisans such as the F.lli Plozzer in Sauris still make the wooden carnival masks inspired by those preserved at the Gortani Museum. In **Sutrio** the town of wood it is possible to visit the precious **Nativity of Teno** even in summer, that shows the customs and traditions of the town. In Cervento in the **Farie di Checo**, you can see how iron was forged in an ancient blacksmith forge of the 15th century. Other ethnographic museums to visit

are the **Ethnographic Collection of Forni Avoltri**, the **Rural Museum and the Filo di ricordi of Forni di Sopra**, the **Ethnographic Museum of Colza** and in **Sauris di Sopra** the **Ethnographic and Historiographical Centre**. The rich timber of the Carnia woods was enhanced already in the 16th century by the Republic of Venice which issued laws to protect them and reserve the exclusivity. As many as 38 woods (so-called **Boschi Banditi**) were "banned" which are today forests of extraordinary botanical and wildlife interest. You can see them in the areas surrounding Ovaro, Rigolato, Forni Avoltri, Prato Carnico, Socchieve, Ampezzo, Forni di Sopra, Sauris, Paularo, Paluzza and Treppo Ligosullo. At the **Museum of Wood and Venetian Sawmill in Ovaro** and the **Museum "Siè da Fuce" in Paluzza**, you can discover the whole transformation process of the forest resource. In Cludinico, a small hamlet of Ovaro, we find the **Museum of the former Mine** that testifies to the importance of the work in the country's coal mine, which is no longer operational today.



Orto Botanico La Polse - Zuglio

ARCHAEOLOGISTS FOR A DAY

A land bordering Carnia, whose valleys still preserve the archaeological remains of peoples who lived, transited and fought here. In Lauco it is possible to see the **tombs of the Pagàns**, ancient burial sites excavated in the rock. In Paularo there is the highest-altitude archaeological site of the entire Alpine arc, where flint objects dating back over 40 thousand years have been found. While in the **Necropolis of Misincinis** excavations have brought to light finds concerning the funerary uses and rituals of the pre-Roman populations of Carnia. In nearby **Zuglio**, the ancient Iulium Carnicum, which is located along the Roman route **Iulia Augusta**, the road that connected Aquileia to Norico, you can visit the **Roman forum** and the remains of houses and public buildings in the **Civic Archaeological Museum Iulium Carnicum**, where more archaeological material from all over Carnia is also preserved. Other sites that deserve mention are **Colle Mazeit** in Verzegnis, **Col Santino** and **Col di Zuca** in Invillino



where an early Christian hall with a mosaic floor was discovered. Finally in **Raveo** on **Cuel Budin** the remains of the castle and in **Paluzza** the **Moscarda Tower** to defend the territory. In **Arta Terme** near the Church of San Nicolò, you can see a **medieval hospitium**, while in **Tolmezzo** a defensive tower, the **Picotta Tower**, dominates the town and the grassland area of Prà Castello where remains of the **Patriarchal Castle** are visible. In the **Parish Church of Santa Maria di Gorto** in Cella di Ovaro, a museum has been set up to document the history of the site. Also at the **Pieve di Santo Stefano** in **Cesclans** of Cavazzo Carnico l'**Antiquarium**, the outcome of archaeological research on the sacred building is told through the path "In the heart of the church". Going up the Tagliamento river, important late Roman, early medieval and medieval fortifications are located in Forni di Sotto (**Pra di Got**) and Forni di Sopra (**Sacuidic** and **Cuol di Ciastiel**).



Mosaics at Archeological Museum of Zuglio

FASCINATING MOUNTAIN ARCHITECTURE

A peculiar aspect of the Carnic landscape is the typical houses and architectures. In places like Sauris and Sappada the structures of the buildings tell us about their history and the strong influence of the settlers; together with Timau, they represent the German-speaking Carnic minorities, where a Germanic dialect is still spoken today. The houses have a structure that usually develops on two floors, the lower one in stone and the upper one in wood, with porches and loggias, ancient wooden doors and many stairs, terraces and outdoor balconies. In some cases, the barn was located above the house, while in others the houses are real stately buildings built starting from the 17th century by the Cramàrs. The **Casa Museo delle civiltà contadina in Sappada** is an interesting example of a simple-form house with an adjoining stable-barn, dating back to the second quarter of the 19th century. Very particular are also the roofs with aged spruce wood planks or with green enamelled tiles such as those of the house of the hundred windows or **Palazzo Micoli Toscano in Mione di Ovaro**, made right in the furnaces of the hamlet of Cella, where you can visit a **Permanent Exhibition called Planelas and Scugjelas**. Typical bourgeois houses of the 18th century are the **Casa Bruseschi in Pesariis** (now a museum) and the **Palazzo Linussio Fabiani in Paularo** with a doorway crowned by two stone balconies, home of the Linussio family. The prototype of the Carnic

house can be found in **Paularo** and is **Palazzo Calice Screm** with the characteristic overlapping loggias and composed of several buildings. Typical examples of Carnic architecture with loggias, doors and balconies in stone and wood are also visible in Sutrio, such as the houses of the "cramars", whose homes can be recognized because they have the Cross of Mercury, symbol of trade, engraved on the keystone of the entrance portal. The heart of the home is the **Fogolâr**, the fireplace, a symbol of the family and affections, around which families gathered on the benches for frugal meals and to spend long winter evenings. A splendid example of 18th-century Fogolâr can be found at the Carnico Museum in Tolmezzo. Still today, you can see other examples and types also in bars and restaurants where you can relax and spend pleasant hours in company.



Micoli Toscano Palace – Ovaro



EVENTS

CUSTOMS AND TRADITIONS

The authenticity of the territory through its customs and traditions is something you can experience during the traditional fairs and festivities that mark the months of the year.

January – Forni di Sopra

BEFANA CUL FIRÂL

The unusual descent of the Befana (a witch-like lady who brings sweets to children) from the bell tower of the Parish Church.

January – Paularo

LA FEMENATE

The old bad woman is burnt, a centuries-old tradition the day before the Epiphany.

January – Lateis di Sauris

DER ORSCH VAN DER BELIN

The mythological character Bèlin forced the inhabitants of Sauris to kiss her bottom to get out of the valley.

January – Arta Terme

LA STELE DI NADÂL

From New Year to Epiphany, the Three Kings bring the characteristic Christmas Star.

February – Sappada

CARNIVAL OF SAPPADA/PLODAR VOSENOCHT

The festivities take place just like in the old days on the three Sundays preceding Lent, dedicated to the three different social classes.

February – Sauris

CARNIVAL OF SAURIS, THE NIGHT OF LANTERNS

Wooden masks with typical costumes parade guided by Rôlar and Kheirar.

Il giorno dell'Ascensione – Zuglio

BACIO DELLE CROCI

Ancient ritual of the subjection of the churches of Carnia, each one pays homage to the Mother Church "S. Pietro" with its processional cross adorned with multicoloured ribbons.

June – Cercivento

IL "MAC DI SAN GIUAN"

After the summer solstice, the night of San Giovanni is considered magical and full of rites: the mac (bouquet of flowers), the witches, the predictions.

June – Cercivento

JERBAS E TRADISION

Traditional blessing of St. John's bunch of herbs.

July – Sappada

BORGATE IN FESTA

Craftsmanship, folklore and tradition in the magical context of Sappada Vecchia, among the hamlets Hoffe, Fontana e Kratten.

From July to September – Tutti i paesi della Carnia

CARNIARMONIE

A review of classical music set in the churches and historical churches of Carnia.

August – Forni di Sopra

ANCIUTI MUSIC FESTIVAL

Concerts in which internationally renowned artists perform with in-depth conferences about Giovanni Maria Ancuti, considered the Stradivarius of the oboe.

August – Sappada

FESTIVAL DEL FOLKLORE / SAGRA S. OSVALDO / PLODAR FEST

August – Paluzza
“PALO DAS CJAROGIULES”

A showcase of excellence of Carnic craftsmanship that intends to enhance the artisan and artistic activities, manual skills and ingenuity of local artists.

August – Paularo
“MISTIRS”

Culture, tradition and crafts in Val d’Incarojo.

September – Sutrio
MAGIA DEL LEGNO

Carving, sculpture, incision, pyrography in every courtyard, under every porch, in every square dozens of carpenters and carvers work in front of the public.

October – Ampezzo
“NOT DALIS MUARS”

A re-enactment of the Celtic New Year, where “muars” means carved pumpkins that children love to illuminate from the inside with candles to be displayed on balconies and windows for an evocative and fascinating Halloween night.

October – Villa Santina
“MARCJAT DA VILE”

Traditional market.

November – Villa Santina
CHRISTMAS MARKET

November – Tolmezzo
TRADITIONAL SAINTS DAY MARKET

Traditional market.

December – Forni di Sopra
END OF YEAR TORCHLIGHT SHOW

With the instructors of the ski school of Forni di Sopra on the ski runs of the Davost school camps.

December – Sauris
IN SAURIS IT IS CHRISTMAS - CHRISTMAS MARKET

A mix of handicrafts, quality agri-food products, entertainment, music and a gastronomic marquee with typical dishes.

December – Tolmezzo
CHRISTMAS IN TOLMEZZO AND KRAMPUS EXHIBITION

Appointments while waiting for Christmas and spectacular Krampus performance.

December – January – Sutrio
VILLAGES AND NATIVITIES

Traditional nativity scene exhibition from the Sunday before Christmas to Epiphany.

December – January – Sauris
LA STELLA (THE STAR)

A tour of the Stearnsingers, where locals walk the streets of the village with a colourful and illuminated star, singing ancient Christmas greetings in the language of Sauris, Italian and Latin.

December – Cercivento
GJESU' CJAMIN

The ancient Onoranda Compagnia dei Cantori from Cercivento visits all families of the village while singing the traditional auspicious song “Gjesù Cjamin”.

FOOD AND WINE

A cuisine of marked originality, in which simple ingredients of the field, vegetable garden, forest and shepherd's huts prevail to blend into a perfect mix of flavours aromas and colours, told through the traditional demonstrations of taste.

May – Arta Terme

FESTIVAL OF MUSHROOMS AND SPRING HERBS

Spring is celebrated through seasonal products: forest asparagus, mountain radicchio and the never missing mushrooms.

June – Ampezzo

BREAD FESTIVAL

Bakers display and sell their tasty creations in various shapes and flavours.

June – Forni di Sopra

FESTIVAL OF SPRING HERBS

Two weekends dedicated to wild mountain herbs.

June – Sutrio

THE CJARSONS, CARNIC TRADITION

A food and wine itinerary to discover a thousand variants of the most characteristic dish of Carnic cuisine.

June – Ampezzo

SAGRA DAL SALAM DI MUS E DAL FORMADI SALAT

The legendary feast with two top local products: salted cheese and salam di mus.

July – Sauris

SAURIS IN FESTA – FESTIVAL OF PROSCIUTTO

A festival that animates the two weekends of the middle of July, during which you can taste ham, speck, gnocchi, grilled meats, desserts and many other delicacies.

July – Forni Avoltri

FESTIVAL OF WILD BERRIES

A delicious combination of gastronomy and nature in the name of berries with tastings of typical Carnic dishes offered in the different stands.

August – Ravascletto

“FIESTA TAS CORTS”

“Savôrs di una volta” (tastes of days gone by)... every third Sunday of August, doors and courtyards of the houses open to guests to give them a unique experience among ancient tastes and recipes that are handed down over the years.

June – Lateis di Sauris

FESTIVAL OF SALTY AND MALGA CHEESE

The malghe, pastures rich in aromatic herbs give particular flavours to dairy products; tastings of typical cheese dishes and an agri-food market.

September – Sappada

SAPPAMUKKI

To celebrate the ancient tradition of the return from the pastures to the village, Sappada decorates its cows to celebrate.

September – Forni di Sopra

MUSHROOM FESTIVAL

Mushroom exhibition, excursions with mycological guides, nature walks to discover the secrets of the forest. It will be possible to taste mushroom dishes in the many restaurants and buy typical products in the lively market.

September – Enemonzo

MARKET EXHIBITION OF CHEESE AND MALGA RICOTTA

A chance to discover and taste the cheeses and to taste the best cheese and the best malga ricotta decreed by a competition.

September – Tolmezzo

APPLE FESTIVAL

Food, agriculture, crafts, sports and music in the streets.

September – Pesariis di Prato Carnico

ARLOIS E FASOIS – FESTIVAL OF TRANSHUMANCE

Celebrate the tradition of watches (arlois, in the Carnic variant of the Friuli language) and the cultivation of a particular variety of beans (fasois).

September – Portea di Lauco

FIESTA DAL PASTOR

Shepherd folk festival with cows and goats in the meadows.

October – Tolmezzo

IL FILO DEI SAPORI (THE THREAD OF FLAVOURS)

December – Raveo

FLAVOURS CARNIA

Carnia market of agri-food products held on the second Sunday of December.

SPORTS AND NATURE

Land of charming nature where great sports champions were born and raised who found their gym among these corners of paradise.

Perfect location for great sports events of an international character.

February – Forni di Sopra

TROFEO BIBERON

June – Paluzza

INTERNATIONAL CARNIA SKY RACE

Spectacular mountain running race starting from the Laghetti resort of Timau; over 2000 metres of altitude difference with suggestive landscapes on the paths of the Great War.

September – Ampezzo

RALLY OF CARNIA

Automobile stage race.

August – Collina di Forni Avoltri

STAFFETTA TRE RIFUGI (RELAY RACE)

International mountain running race the route is divided into three tracks with different lengths and elevation differences, starting from Collina di Forni Avoltri, it touches three shelters: Tolazzi, Lambertenghi-Romanin e Marinelli.

August – Forni di Sopra

TRAIL RACE FRIULI DOLOMITES

Suggestive Sky Race that crosses the Park of the Friulian Dolomites, a UNESCO World Heritage Site, on the itinerary "Truoi dai Sclops". Length 21 km, positive elevation difference 1700 meters.



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HOW TO GET HERE



BY CAR

Highways:

A4 Torino/Trieste

A23 Palmanova/Udine/Tarvisio

A28 Portogruaro/Conegliano

A27/A4 Trieste/Belluno

BY PLANE

Airport of Trieste

www.triesteairport.it

40 km from Trieste and Udine

80 km from Pordenone

130 km from Venezia

120 km from Lubiana

BY TRAIN

www.trenitalia.it

www.italotreno.it

BY BIKE

www.alpe-adria-radweg.com

www.adriabike.eu

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