



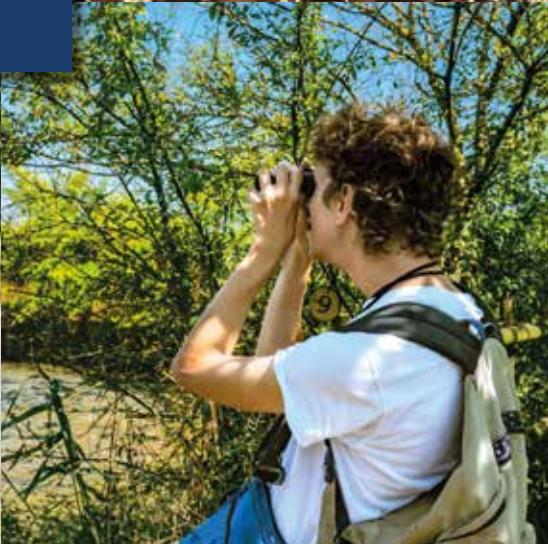
IO SONO
FRIULI
VENEZIA
GIULIA



www.turismofvg.it

OPEN FOR ALL: ACCESSIBLE SEA IN FRIULI VENEZIA GIULIA

THE ACCESSIBLE COAST PROJECT:
“A-MARE IL MARE”



Since 2015, PromoTurismoFVG, the Regional Council of Associations of Persons with Disabilities and their families in Friuli Venezia Giulia and CRIBA (Reference Centre for the Removal of Architectural Barriers) collaborate in the project 'A Region for Everyone' to develop accessible and inclusive tourism throughout the region, making accessibility a widespread and permanent cultural element.

The 'A MARE IL MARE' project has improved the hospitality and accessible tourist services of the entire coastal area of Friuli Venezia Giulia. The project engaged 8 municipal authorities, voluntary associations, people with disabilities and tour operators, who performed mapping, training and field testing and purchased specific materials and equipment.

A further step towards an increasingly accessible and inclusive region: 'A Region for Everyone'.

www.friuliveneziagiuliapertutti.it/en

enchanting region located in the centre of Europe.

Surrounded by the majestic peaks of the Alps, the glorious panorama of the Dolomites, the picturesque lagoons and the beautiful beaches of the Adriatic, Friuli Venezia Giulia offers you a truly all-round holiday experience!

You will be fascinated by the cultural heritage of the region, which reflects the fusion of various cultures and peoples, and thrilled by the many opportunities for relaxation, sports and leisure.

For all the tourist information about our region, see:
www.turismofvg.it

Explore Friuli Venezia Giulia, an



Project realised with the contribution of the:



Presidenza del Consiglio dei Ministri
Ministro per le disabilità



Brochure produced as part of the 'A-Mare il mare' project







DUINO AURISINA

THE ENCHANTING INSPIRATION OF POETS AND WRITERS

Overlooking the sea from the top of a cliff is Duino, a charming village and a popular tourist attraction. It is a place that has inspired poets and writers, such as D'Annunzio, Twain, and Rilke.

On the picturesque path overlooking the Adriatic, named after Rilke, you can enjoy a spectacular view that stretches as far as Sistiana, where there is a beautiful bay with a small harbour.

The castle is the home of the Princes della Torre e Tasso, and is open to visitors, together with its elegant garden. In reality, there are two castles: the few ruins of the older one, dedicated to the Sun god according to tradition, sit right on the edge of the cliff overlooking the sea.

The legend of the White Lady is another attraction worth a visit: a large white rock that is a reminder of a damsel who took her own life for love.

BEACHES AND RELAXATION



BAGNO CASTELREGGIO

Located in the Sistiana Castelreggio Bay, it is a historic bathing establishment surrounded by the Duino Nature Park and offers a beach equipped with sunbeds and umbrellas, a bar and restaurant, and is popular for the quality of its hospitality and organisation.

ACCESSIBLE FEATURES AND SERVICES

- JOB and Sand&Sea chairs to reach the sea.
- Raised sunbeds.
- Walkways provide access to the water edge, changing cabins, toilets, showers and even the umbrellas.
- Disabled changing cabins.
- Trained staff.

Località Sistiana 74, 34011
Duino-Aurisina (TS), Italia

Email:
castelreggio@baiadisistiana.com
Website: castelreggio.it

PARCO CARAVELLA

In a natural setting between the protected area of the Falesie Park and the little harbour of Sistiana, you will find Parco Caravella, a place where you can spend your holiday or just a relaxing day of sun and sea in the green outdoors.

Località Sistiana Mare 1,
Duino- Aurisina (TS), Italia
Ph: +39 348 0982593
Email: spiagge@baiadisistiana.com
Website: baiadisistiana.com

LE GINESTRE

Le Ginestre is a bathing establishment located along the Coastal Road, about 15 km from Trieste, on a white pebble beach that looks out to the gulf, with a backdrop of steep sea cliffs dotted with gorse ("ginestre").

Località Strada Statale 14 Costiera
153, Duino- Aurisina (TS), Italia
Ph: +39 347 2610825
Email: info@ginestre.ts.it
Website: ginestre.ts.it



LEISURE AND ENTERTAINMENT

DUINO 45° NORD

Duino 45 Nord offers inclusive sailing and nautical activities, with a special focus on accessibility. The facility offers a unique experience, with sailing courses and boat trips for people with reduced mobility to discover the sea in a safe and engaging way.

Duino 4/G 34011
Duino Aurisina (TS), Italia
Ph: +39 351 5905915
info@duino45nord.com

PUROBEACH PORTOPICCOLO

Bathing establishment in Portopiccolo, in the Bay of Sistiana, with a beach, various panoramic terraces and swimming pools for guests. The establishment also includes a bar and main restaurant as well as small kiosk bars overlooking the beach.

TRIP TO THE VILLAGGIO DEL PESCATORE

The route in Duino starts from the Villaggio del Pescatore (Fisherman's Village) and ends at the Church of San Giovanni in Tuba, offering a panoramic view of the sea and a walk that explores the natural and historical charm of the area.

The route enables you to discover the picturesque village and enjoy the tranquillity of the coast, combining culture and beautiful landscapes.

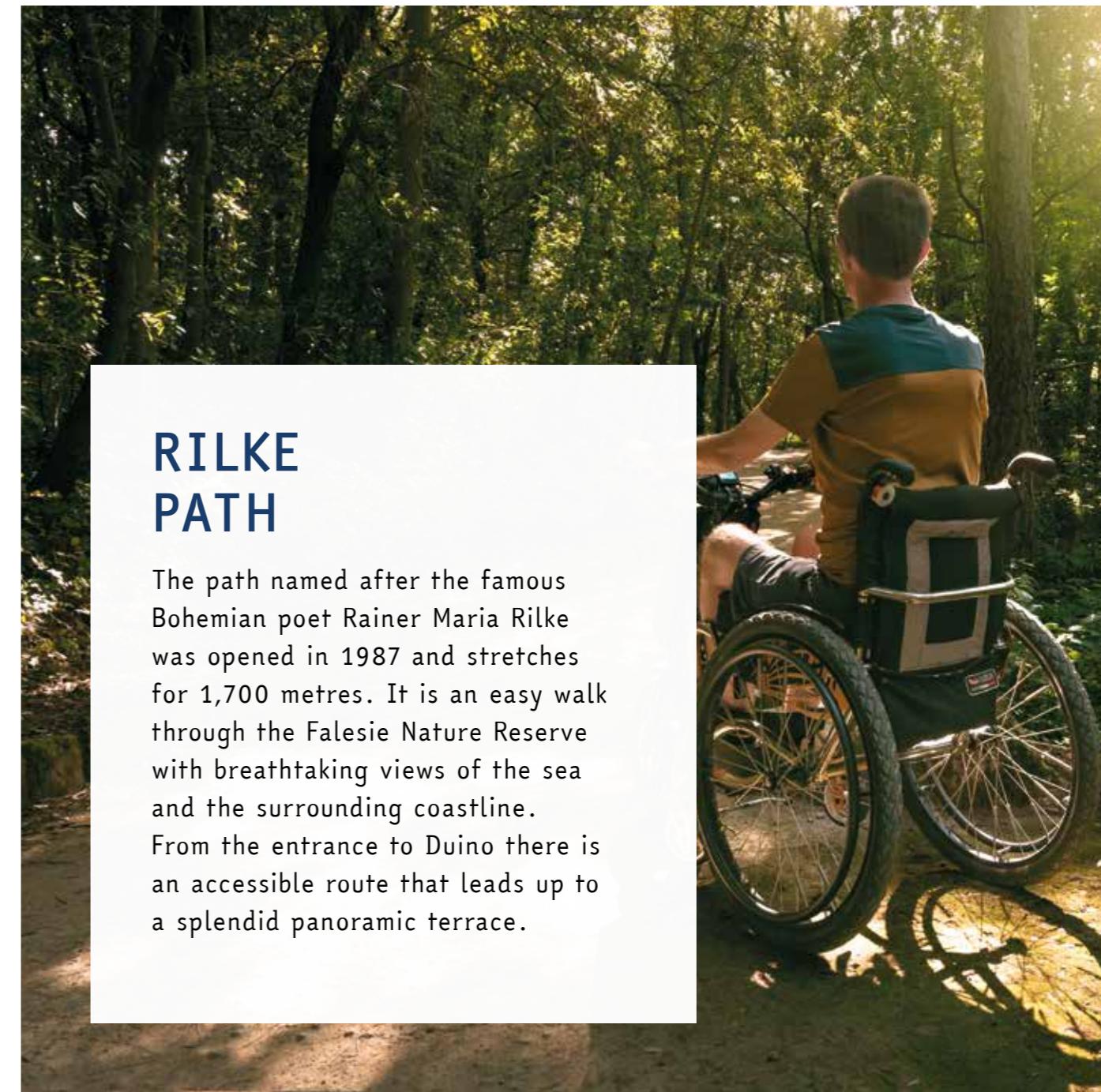
Discover the accessible routes on the portal:
www.friuliveneziagiuliapertutti.it/en



THE OSMIZA EXPERIENCE

Osmize are characteristic houses of the Karst region that, at specific times of the year, offer homemade wines and local specialities. Dishes from the Karst cuisine include homemade cured meats, typical cheeses, omelettes, beef cheek in teran wine, crusted pork shoulder and fried pancetta.

This is a unique experience that celebrates tradition and authentic good food.



RILKE PATH

The path named after the famous Bohemian poet Rainer Maria Rilke was opened in 1987 and stretches for 1,700 metres. It is an easy walk through the Falesie Nature Reserve with breathtaking views of the sea and the surrounding coastline. From the entrance to Duino there is an accessible route that leads up to a splendid panoramic terrace.

GRADO

The town of Grado, connected to the mainland by a narrow strip of land, boasts an old town centre reminiscent of Venice, with small squares and narrow streets, overlooked by rows of picturesque fishermen's houses. The island also features a maze of islets that form its picturesque lagoon, offering a richly coloured scenery with the green of the lush vegetation and the blue of the Adriatic Sea.

Campo dei Patriarchi, in the old town, is dominated by the Basilica of Santa Eufemia and the adjacent Basilica of Santa Maria delle Grazie, the oldest in Grado. The city is known as the "Sunshine Island" for its three kilometres of south-facing beaches, bathed in sunlight from morning until evening. Its unique microclimate guarantees bright, sunny days throughout the year.

In the past, Grado was part of the domains of the Austro-Hungarian Empire and was much loved by the Habsburg aristocracy, who, from the 19th century, came to the island for the baths and the highly-valued marine spas that still today are the ideal place to regenerate body and spirit.



BEACHES AND RELAXATION



BEACHES IN GRADO: A SEASIDE PARADISE

Grado, known as the Island of the Sun, offers a wide range of bathing establishments to suit all tastes. From well-equipped and lively beaches to quieter shores surrounded by nature, there is a place to relax for everyone.

ACCESSIBLE FEATURES AND SERVICES

- JOB chairs to reach the sea.
- Raised sunbeds.
- Walkways for access to the sea, cabins, showers and umbrellas.
- Trained staff.

AIRONE BEACH

Email: info@spiaggiaairone.it
Website: spiaggiaairone.it

TIVOLI

Email: stabilimentotivoli@gmail.com
Website: tivoligrado.com

SNOOPY BEACH

Email: snoopy@spiaggiaairone.it
Website: spiaggiaairone.it

PIPER BEACH

Email: info@piperbeach.it
Website: piperbeach.it

PINETA BEACH

Email: cicaz501@hotmail.it
Fb: Stabilimento Pineta beach



LAGUNA GRADENSE DA CINZIA

Email: lagunagradese@hotmail.com
Fb: Stabilimento Laguna Gradese "da Cinzia"

KEY WEST

Email: keywestgrado@yahoo.it
Website: keywestgrado.it

COSTA DEL SOL

Email: info@costadelsolgrado.com
Website: costadelsolgrado.it

BORA BORA BEACH

Email: info@stabilimentoborabora.com
Website: stabilimentoborabora.com

G.I.T. GRADO IMPIANTI TURISTICI

GIT (Grado Tourist Facilities), a historic tourist company on the 'Sunshine Island', offers a unique experience for those seeking relaxation, well-being and inclusiveness. The main beach, which is fully accessible, has walkways, private shaded areas, JOB chairs for access to the sea and spaces designed to ensure comfort for people with disabilities and their families and friends.

ACCESSIBLE FEATURES AND SERVICES

- JOB and Sand&Sea chairs to reach the sea.
- Accessible cabins for changing.
- Wooden and PVC walkways provide access to the water edge, changing cabins, toilets, showers and even the umbrellas.
- Trained and helpful staff.
- For persons with disabilities and their carer, if they only want to use the beach (passing through or for a walk) admission is free of charge.

G.I.T. GRADO Impianti Turistici S.p.A.
viale Dante, 72, 34073 Grado (GO) Italia
Ph: +39 0431 80877
Email: info@villaggioeuropa.com
Website: villaggioeuropa.com



LEISURE AND ENTERTAINMENT

VILLAGGIO TURISTICO EUROPA

Villaggio Turistico Europa offers a Mini Club for children with recreational activities and an arena for evening shows, providing entertainment for the whole family.

Grado is more than just beaches; it also offers well-being and history. The Terme Marine spa offers rejuvenating treatments in an inclusive environment, with services for those with special needs.

TRIP TO THE HEART OF GRADO

The tourist tour of Grado allows you to explore the historical, cultural and natural beauty of the town, including the historic centre, the lagoon and its various viewpoints.

The tour is designed for anyone looking for a relaxing and accessible experience to discover the city's most interesting sights, such as churches and squares.

Via Monfalcone, 12, 34073
Grado (GO), Italia
+39 0431 80877
Email: info@villaggioeuropa.com
Website: villaggioeuropa.com



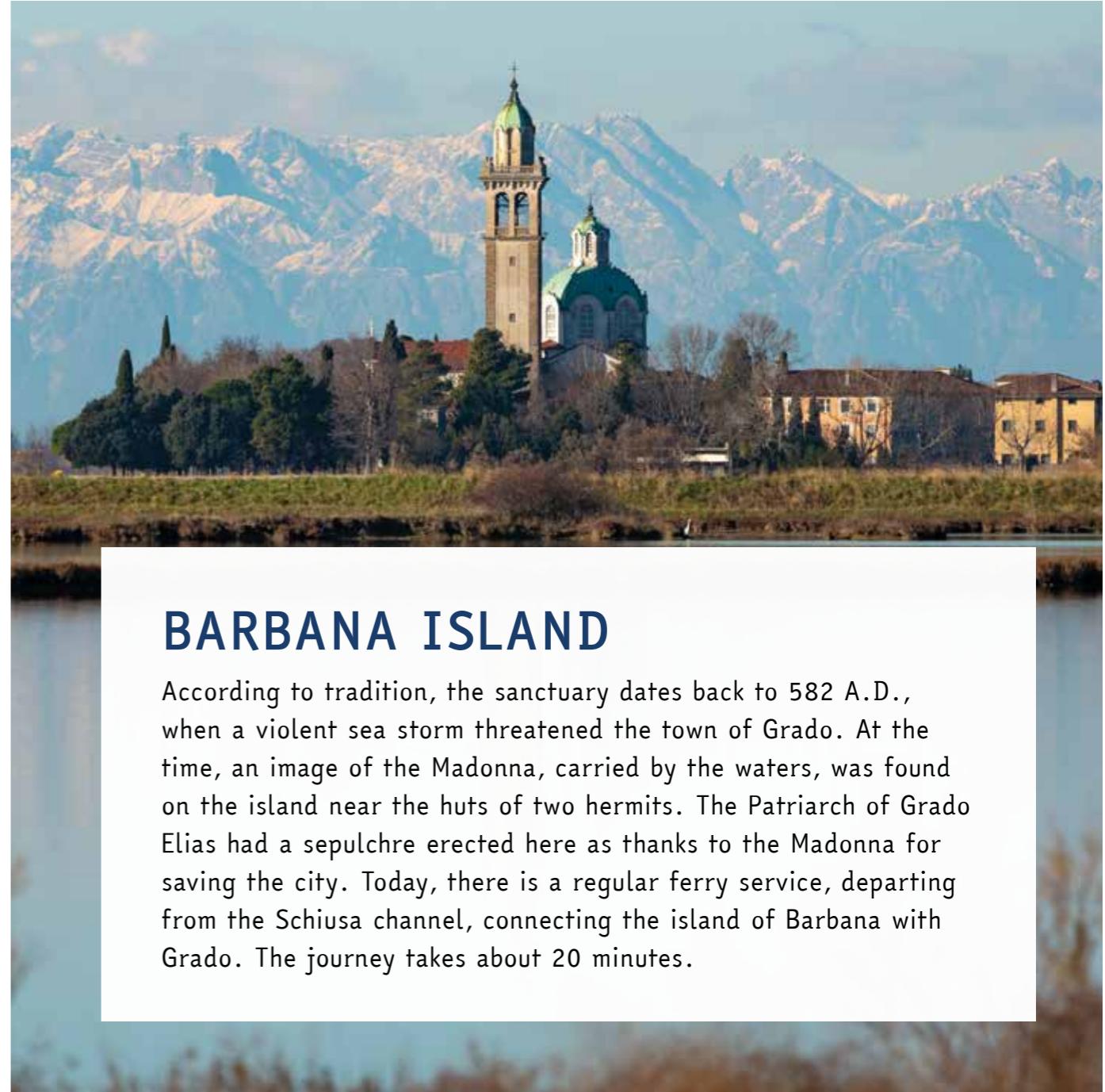


IL BORETO A LA GRAISANA

Boreto a la graisana is the traditional Grado fisherman's dish.

Prepared with fresh fish cooked in extra virgin olive oil, it is seasoned with salt, pepper and a hint of vinegar, which gives it its strong flavour.

This was once a 'poor man's dish but is an incredibly tasty and authentic example of the local food.



LIGNANO SABBIADORO

Lignano Sabbiadoro boasts an 8 km stretch of golden sand, making it one of the most famous seaside resorts in Italy. The town is famous for its lively nightlife and endless entertainment throughout the summer season.

But Lignano Sabbiadoro has three distinct personalities. Sabbiadoro is perfect for shopping and nightlife, Pineta is the place for a quiet country holiday, and Riviera is a relaxing area with a rich vegetation of maritime pines. The Marano Lagoon, opposite the town, is an unspoilt expanse of lagoons, canals and islets with typical fishermen's huts that even Ernest Hemingway fell in love with sixty years ago.

Lignano's traditional nightlife and the fashionable shops and boutiques make it a popular destination for young tourists and shopping lovers. On the other hand, Lignano is an ideal destination for family holidays thanks to its child-friendly accommodation with special services, lively beach entertainment and calm sea with shallow waters. Lignano offers to both the younger public and to senior visitors opportunities for fun in the many theme parks, each offering attractions for every age and interest.



BEACHES AND RELAXATION



Lignano Sabbiadoro, famous for its wide golden sandy beaches and crystal clear sea, is a perfect seaside destination for those seeking relaxation, fun and quality services.

With numerous well-equipped bathing establishments, family activities and a wide range of water sports on offer, this Upper Adriatic resort guarantees a fantastic experience for all its guests.

ACCESSIBLE FEATURES AND SERVICES

- JOB chairs to reach the sea.
- Raised sunbeds.
- Walkways for access to the sea, cabins, showers and umbrellas.
- Trained staff.

LIGNANO SABBIADORO GESTIONI S.P.A.

This operator takes care of the beaches of Lignano Sabbiadoro, delivering high quality services and a wide range of recreational activities for families, young people and sports enthusiasts.

LIGNANO PINETA S.P.A.

This company manages the beaches of Lignano Pineta, it offers an elegant and relaxing environment, with bathing establishments surrounded by nature and a focus on wellness.

SOCIETÀ IMPRESE LIGNANO zas (S.I.L. S.P.A.)

This company manages the beaches of Lignano Riviera, a quiet area surrounded by greenery, ideal for families and those seeking relaxation away from the chaos.



Via Latisana, 42, 33054
Lignano Sabbiadoro (UD)
Email: info@lignanosabbiadoro.it
Website: lignanosabbiadoro.it

Viale a Mare, 7, 33054
Lignano Sabbiadoro (UD)
Email: info@lignanopineta.com
Website: lignanopineta.com

Lungomare R. Riva, 1/C 33054
Lignano Sabbiadoro (UD)
Email: spiaggia@sil-lignano.net
Website: lignano-riviera.it

NATURE SITES



Via G. Scerbanenco, 19/1,
33054 Lignano Sabbiadoro
Ph: +39 0431 428775
Email: info@parcozoopuntaverde.it
Website: parcozoopuntaverde.it

PARCO ZOO PUNTA VERDE

Punta Verde Animal Park is home to more than 1,000 animals belonging to 150 different species from all over the world.

Via G. Garibaldi, 68, 33054
Lignano Sabbiadoro

HEMINGWAY PARK

Dedicated to the writer Ernest Hemingway, the park offers extensive green spaces with paths for walking and relaxing in nature.

Piazza San Giovanni Bosco, 33054
Lignano Sabbiadoro

SAN GIOVANNI BOSCO PARK

Located in the heart of Lignano Sabbiadoro, the San Giovanni Bosco Park is an ideal green area for relaxing walks, with children's play areas and other outdoor spaces.



LEISURE AND ENTERTAINMENT

Viale Centrale, 16/b, 33054
Lignano Sabbiadoro (UD), Italia
Ph: +39 0431 724741
Email: info@parcojunior.com
Website: parcojunior.com

PARCO JUNIOR

This amusement park for children offers attractions, water games and activities that guarantee days full of fun and laughter.

Viale Centrale, 29, 33054
Lignano Sabbiadoro (UD), Italia
Ph: +39 0431 409511
Email: info@bellaitaliavillage.com
Website: bellaitaliavillage.com

BELLA ITALIA EFA VILLAGE

Bella Italia EFA Village is a seaside holiday village, suitable for families and groups who want to enjoy a holiday on the Adriatic Sea.

Viale Monte Ortigara, 3/M loc. Punta Faro 33054 Lignano Sabbiadoro (UD)
Ph: +39 339 8281513
Email: tiliaventum@gmail.com
Website: tiliaventum.com

VELA PER TUTTI

At the A.S.D. Tiliaventum (amateur sports association), located within Marina Punta Faro, holds sailing courses and outings for people with disabilities.



HIKE AT THE TAGLIAMENTO ESTUARY

The route in Lignano Sabbiadoro at the mouth of the Tagliamento River offers spectacular natural scenery, where the river meets the sea, with breathtaking landscapes.

The hike is perfect for those who want to enjoy the tranquillity of the coast, observe the local fauna and admire the marine environment.

The ideal coastal country walk.



THE "CAPE" OF LIGNANO

Cape, a dialect term for clams and razor clams (cannolicchi), are a local seafood speciality..

They are cooked fresh in a pan with garlic, oil, parsley and a touch of white wine, bringing out the authentic flavour of the sea.

A tribute to the simple and genuine food of the fishermen of Lignano Sabbiadoro.



TERRAZZA A MARE

A long walkway leads to a belvedere with a small lighthouse suspended over the water, alongside a structure that from above looks like a fan-shaped shell, which has forever been an iconic symbol of Lignano Sabbiadoro for its spectacular sea views and the variety of leisure and entertainment opportunities it offers. A meeting place for generations, the Terrazza a Mare (Terrace by the Sea) has accompanied the development of the seaside town since the 1920s, when it was a simple wooden construction. In the 1970s it was rebuilt in cement and today it is ready for a new evolution.

MARANO LAGUNARE

The Torre Millenaria dominates the horizon of Marano, a town that offers a unique and isolated experience, seeming a world within itself. Its secluded location is protected from the open sea by a cluster of islands and islets, such as Martignano and Sant'Andrea, also called the Island of Shells.

Until the end of the 19th century, the town was surrounded by walls; not even the Turks in the 16th century managed to invade it. The Venetian Republic, which ruled these lands from the 15th to the 18th century, tried hard to hold on to it, but respected local autonomy. The people of Marano, who are still grateful for their independence, boast that they are the only Friulian village where the people speak the Venetian dialect. In addition to creating a unique linguistic and cultural fabric, Venice also left a lasting architectural imprint on Marano.

The historic centre is a maze of intertwining calli (narrow streets) and piazzas. The houses overlook the streets, creating common outdoor spaces for meeting and working. The buildings are adorned with ornaments that tell the story of the city: bas-reliefs, stone faces and coats of arms.



ART AND CULTURE



MULA - ARCHAEOLOGICAL MUSEUM OF THE MARANO LAGOON

The MuLa (Archaeological Museum of the Marano Lagoon) is a fascinating museum that recounts the history and traditions of the Marano Lagoon through archaeological finds, historical evidence and interactive exhibitions.

The museum offers the opportunity to learn about the thousands of years of history of this unique area, which due to its position 'suspended' between sea and land was for centuries a strategic area for the passage of goods and a meeting point of cultures between the Adriatic and continental Europe.

Via Sinodo, 27, 33050 Marano Lagunare (UD), Italia
Ph: +39 0431/67005 (interno 3)
museolaguna@comune.maranolagunare.ud.it
Website: museolaguna.it

THE MARANO CASONI

The Marano casoni are the symbol of the lagoon: typical huts of Friuli Venezia Giulia and Veneto, which are exceptionally well preserved in Marano. It has a rectangular shape with rounded corners, covered with marsh reeds, a material abundant in the lagoon. Built with local resources such as common reed, black locust, elm and acacia wood, they rest on an artificial mud elevation, the mota, reinforced with boulders or piles taken from nearby canals.

NATURE SITES



NATURE RESERVES

There are two nature reserves within the Marano Lagoon:

- The **Stella River Mouth Reserve**, which covers the entire delta of the river, accessible only by sea.
- **Valle Canal Novo Reserve**, an area of about thirty-five hectares that in the past was used for fishing.

Via delle Valli, 2, 33050
Marano Lagunare (UD)

Ph: +39 0431 67551
Email: info@visitmaranolagunare.it
Website: visitmaranolagunare.it

VALLE CANAL NOVO NATURE RESERVE

A haven of biodiversity offering nature trails, birdwatching and unique scenery.

LEISURE AND ENTERTAINMENT



ROSA DEI VENTI MOTORBOAT

A cruise on the Marano Lagoon, on board a comfortable motorboat, offers the opportunity to explore the lagoon landscapes, admire the local fauna and enjoy the local food.

Ideal for families and groups.

Porto di Marano Lagunare, 33050
Marano Lagunare (UD), Italia
Ph: +39 335 5368685
Email: adriano@saturnodageremia.it
Website: saturnodageremia.it

A TOUR OF HISTORY, CULTURE AND LAGOON

The tour of Marano Lagunare is an enchanting journey through the cobbled streets and historic squares of this lagoon village. About 1 km long, it is perfect for discovering the authentic atmosphere, traditional architecture and history of the place. Strolling around, you can enjoy picturesque insights into the maritime culture and beauty of the Friulian lagoon.

BISATO IN SPEO

Bisato in spèo, eel on the spit, is a traditional lagoon dish. The eel is cut into pieces, skewered with bay leaves and slowly roasted over embers. The result is meat that is crispy on the outside and soft on the inside, a reminder of ancient local culinary traditions.



MARANO LAGOON

The Marano Lagoon, located between the final tip of the coastline of Lignano Sabbiadoro and the Grado Lagoon, is a natural area of exceptional beauty that provides a unique and valuable habitat for fauna and flora.

Protected from the waves of the open sea by a series of islands and islets, such as the Island of Sant'Andrea and the Island of Martignano, also known as the Island of Shells, it features typically marshy vegetation and the enchanting casoni, the typical fishermen's houses made of reeds and wood. All this makes the Marano Lagoon one of the most picturesque places in the Upper Adriatic.

MONFALCONE

Monfalcone is not only an important industrial centre but also a city with a rich heritage, exemplified by the fortress. This medieval monument is a symbol of the city and home to the Palaeontology Museum, with exhibits covering more than 500 million years of geological history.

Near Monfalcone, visit the Great War Theme Park, which offers an immersive experience of the period between 1915 and 1918. Stroll along trenches and walkways and explore the open-air museums of the defence area of the Dolina dei Bersaglieri, San Martino del Carso and Monte San Michele. These parks are connected to cart tracks, trenches and official C.A.I. trails.

In the city centre, the Municipal Gallery of Contemporary Art is housed in the restored building of the old covered market. In 2004, it became part of the Association of Italian Contemporary Art Museums (AMACI). It is one of the largest exhibition spaces devoted to contemporary art in Friuli Venezia Giulia.



BEACHES AND RELAXATION



ACCESSIBLE FEATURES AND SERVICES

- JOB chairs to reach the sea.
- Raised sunbeds.
- Walkways for access to the sea, cabins, showers and umbrellas.
- Trained staff

STABILIMENTO NUMBER ONE

Located in Marina Julia, Stabilimento Number One is perfect for a relaxing day at the beach, with umbrella and sunbeds for hire and a bar serving refreshing drinks and snacks.

Via delle Giarrette 1, 34074
Monfalcone (GO)
Ph: +39 328 963 5686
Email: katybailey@outlook.it
FB:
Bar Spiaggia Number One Marina Julia

LA SPIAGGIA DI PIPPO

La Spiaggia di Pippo dog beach offers beach umbrellas, igloos with sunbeds and deckchairs, and private areas where your dog can run free, with a kiosk bar, facilities and ample space.

Via delle Giarrette 1, 34074
Monfalcone (GO)
Ph: +39 392 370 1147
Email: marinajulia.laspiaggiadipippo@gmail.com
Website: laspiaggiadipluto.com

GREEN COOP

Located in Marina Julia, Stabilimento Number One is perfect for a relaxing day at the beach, with umbrella and sunbeds for hire and a bar serving refreshing drinks and snacks.

Via delle Giarrette 1, 34074
Monfalcone (GO)
greencoop3@pec.confcooperative.it



ARTE AND CULTURE

SHIPBUILDING MUSEUM (MUCA)

The Monfalcone Shipbuilding Museum (MuCa) is located on the ground floor of the former workers' hotel in the Village of Panzano and tells the story of the shipyard and the town through an exhibition tour divided into sections.

Over a century of history illustrated using contemporary language and the most modern multimedia technologies.

Located next to the shipyards, which still build some of the world's most beautiful cruise ships, the museum provides an immersive experience in a living, productive industrial reality.

Via del Mercato, 3 Monfalcone (GO)

Ph: +39 0481 494901

Email: info@mucamonfalcone.it

Website: mucamonfalcone.it

TOUR OF THE WORKERS' VILLAGE OF PANZANO

Strolling through the quiet streets and hidden courtyards, you can admire the characteristic industrial-style houses, which reflect a simple but hard-working life. The tour then moves on to the villas for office workers and executives, located in an area away from the centre of the district and differentiated from the workers' houses by the eclectic style and bright colours of the decorations. The tour gives you a true feeling of the authenticity of the place, discovering how it has evolved over time, between historical memory and rural beauty. It is the ideal experience for getting to know a lesser-known aspect of Friuli's history, off the beaten track.





SARDONI IN SAVOR

Sardoni in savor is a traditional Friulian dish, typical of the coastal area, including Monfalcone.

The anchovies are fried, then immersed in a hot marinade of onion, vinegar, bay leaf and pepper, which gives the dish its characteristic sweet-and-sour flavour.

This speciality originated as a method of preservation and is now a popular starter or main course.

MEDIEVAL MUSEUM OF MONFALCONE

The Medieval Museum is located on the ground floor of Monfalcone Town Hall and was created following the discovery of several sections of the foundations of the medieval town walls and remains of the 13th-16th century settlement, which emerged during excavations for the restoration of the building. It is a true treasure of local history, which for centuries remained buried under the floor of the building until renovations began. There are also significant artefacts made of ceramics and glass, metal and bone, including an iron sword dating back to between the 14th and 15th century.



Piazza Unita d'Italia 34074
Monfalcone, Gorizia

Ph: + 39 334 600 0121
Email:
booking@comune.monfalcone.go.it
Website: comune.monfalcone.go.it



MUGGIA

In the last strip of Italy, the coast seems to fold in on itself to create the Bay of Muggia, a characteristic Istrian-Venetian location. Landing in the picturesque dockyard, you almost feel as if you are entering right into the narrow streets and little squares. The Venetian atmosphere is not only evident in the architecture: the dialect, customs and culinary traditions also reveal an intense past shared with the republic. Looking at Muggia from the sea, the white stones of Istria and colourful houses create a harmonious whole with the green Karst environment.

The scene is framed by seven kilometres of coastline and a crown of hills that overlook this vast area, which is shared between Italy and Slovenia. The village developed in the harbour before the year 1000, under the name of Borgolauro; in the 13th century, it became a municipality, with a cathedral and town hall built during the period.

The remains of the protohistoric castellieri (fortified settlements) of Santa Barbara and Muggia Vecchia provide evidence of a Roman and medieval past. These include the Basilica of Muggia Vecchia, dating back to the 9th century.



ARCHPRIEST'S CATHEDRAL OF SAINTS JOHN AND PAUL

The Archpriest's Cathedral of Saints John and Paul, located in the heart of Muggia, is a remarkable example of medieval religious architecture.

Built in the second half of the 13th century on the site of an earlier church, it has a façade dating back to 1467 featuring a central rose window and a decorated lunette. The interior houses sacred works of art and historical testimonies of the local community.

Calle Farra Luca, 1, 34015 Muggia (TS), Italia
Ph: +39 040 271104
Email: parrocchiaduomomuggia@gmail.com
Website: diocesi.trieste.it

UGO CARÀ MUSEUM OF MODERN ART

The Ugo Carà Museum of Modern Art, opened in 2006, houses a collection of over 100 works by the artist Ugo Carà, including sculptures, paintings and drawings.

The museum offers an in-depth look at Carà's artistic evolution, highlighting his distinctive inspirations and techniques. Next to the room devoted to the permanent collection, it has two large spaces for modern and contemporary art exhibitions.

Via Roma, 9 34015 Muggia (TS), Italia
Ph: +39 040 9278632
ufficiocultura@comunedimuggia.ts.it
Website: museougcara.eu



LEISURE AND ENTERTAINMENT

DELFINO VERDE

The Delfino Verde is a maritime transport service linking Trieste and Muggia, offering passengers a scenic journey across the Gulf of Trieste. The route is active all year round with numerous daily runs, and lasts about 30 minutes without intermediate stops. The crew was trained by the De Banfield Association to welcome people with dementia through a project that also involved business owners and the local people of Muggia to create a Dementia Friendly community.

Piazza della Borsa 7, 34121 Trieste, Italia

Ph: +39 040 361913

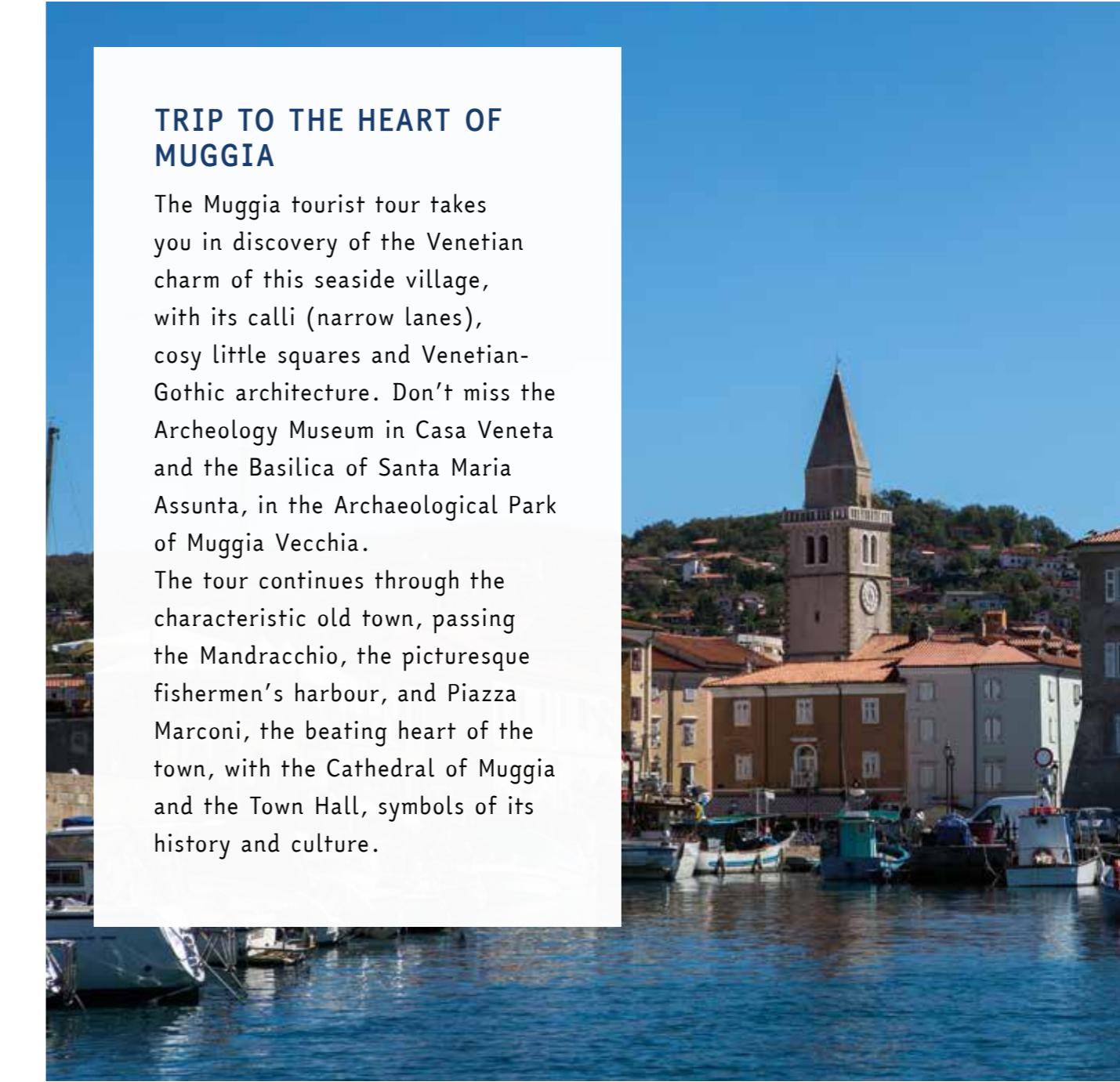
Email: info@delfinoverde.it

Website: delfinoverde.it

TRIP TO THE HEART OF MUGGIA

The Muggia tourist tour takes you in discovery of the Venetian charm of this seaside village, with its calli (narrow lanes), cosy little squares and Venetian-Gothic architecture. Don't miss the Archeology Museum in Casa Veneta and the Basilica of Santa Maria Assunta, in the Archaeological Park of Muggia Vecchia.

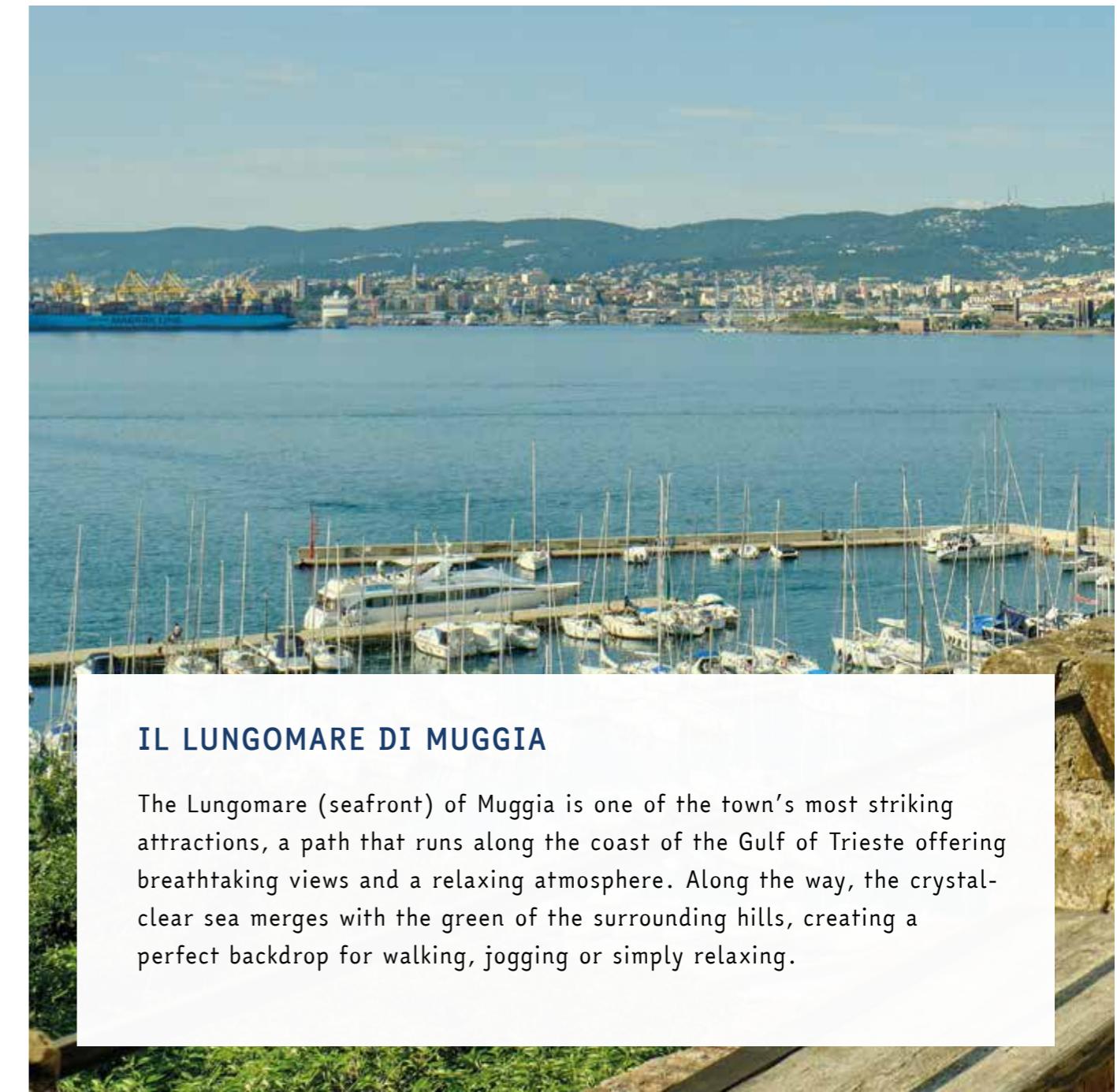
The tour continues through the characteristic old town, passing the Mandracchio, the picturesque fishermen's harbour, and Piazza Marconi, the beating heart of the town, with the Cathedral of Muggia and the Town Hall, symbols of its history and culture.



SCAMPI ALLA BUSARA

Scampi alla bùsara, typical of Istrian and Trieste cuisine, bring the flavour of the Adriatic Sea to your plate.

Fresh langoustines are cooked in a sauce of tomato, garlic, white wine and a pinch of chilli pepper. A simple and tasty dish that goes perfectly with a glass of Vitovska del Carso.



IL LUNGOMARE DI MUGGIA

The Lungomare (seafront) of Muggia is one of the town's most striking attractions, a path that runs along the coast of the Gulf of Trieste offering breathtaking views and a relaxing atmosphere. Along the way, the crystal-clear sea merges with the green of the surrounding hills, creating a perfect backdrop for walking, jogging or simply relaxing.

STARANZANO

Staranzano, an ancient rural village dating back to Roman times, was initially part of the Podesterie of Monfalcone and San Pier d'Isonzo. In 1848, after the Vienna uprisings, it was granted municipal autonomy.

It later experienced economic difficulties and applied to be annexed to Monfalcone, from which it finally separated in 1907 by decree of Emperor Franz Joseph. Currently, it is home to one of the most important nature areas in the region: the Soča River Mouth Nature Reserve with the Cona Island Park.

The Lower Soča area, which includes the municipality of Staranzano, offers a variety of rural environments, including the sea, canals, the Karst region and a countryside rich in biodiversity. Take your time to explore Staranzano and its wonderful surroundings.



NATURE SITES



SOČA ESTUARY AND CONA ISLAND NATURE RESERVE

The Soča Estuary and Isola della Cona Nature Reserve is a protected area of extraordinary ecological importance, located in the eastern part of Friuli Venezia Giulia, along the final stretch of the River Soča.

This reserve covers an area of 2,338 hectares, 1,154 of which are in the marine area, including the municipalities of Staranzano, San Canzian d'Isonzo, Fiumicello and Grado.

Established in 1996, the reserve is recognised as one of the best birdwatching areas in Italy, hosting numerous species of both resident and migratory birds.

MAIN FEATURES:

BIODIVERSITY:

The reserve is an ideal habitat for many animal species, especially birds. It hosts over 300 species of birds, including the Eurasian Curlew, symbol of the reserve

ACTIVITIES:

There are nature trails, wildlife observatories and guided tours to discover the local flora and fauna. Visitors can follow ring routes and longer paths, such as the United World Trail, which leads to the meadows of Biancospino, Mezza Cona and the Foce.

Località, Isola della Cona, 34079
Staranzano (GO), Italia

Ph: +39 333 4056800
Email: info@rogos.it
Website: riservafoceisonzo.it

TRIP TO THE ISONZO ESTUARY

The Soča Estuary route offers a lovely country walk through river and forest landscapes as far as the Lido di Staranzano (seafront). It is perfect for birdwatchers or a relaxing walk to enjoy the beauty of the surroundings and charm of the unspoilt beach.

The area is preserved through continuous environmental action and also entrusted to the animals themselves, such as the Camargue horses that live freely in the reserve and help keep the vegetation under control.



MUSEO DIGITALE DELLA BONIFICA

The Museo Digitale della Bonifica - Idrovora Sacchetti (Digital Land Reclamation Museum) is dedicated to the history and techniques of agricultural land reclamation in the region. The museum is housed in the caretaker's house of the Idrovora Sacchetti pumping station in Staranzano, one of the drainage systems that in the 1930s made it possible to reclaim extensive stretches of swampland.

Località Sacchetti, 2
34079 Staranzano (GO), Italia
Ph 040 577333
E mail:
montesanpantaleone@gmail.com
Website: museobonificaisontina.it

ROSA DELL'ISONZO

The Rosa dell'Isonzo is a prized variety of radicchio, characterised by red leaves arranged in the shape of an open rose. You have to wait for low temperatures for this radicchio to develop, precisely because the cold is what gives it its distinctive green to red colour. Its delicate, slightly bitter flavour makes it ideal for use in traditional Friulian dishes.



LEISURE AND ENTERTAINMENT

Around Staranzano, handcyclists can enjoy accessible and scenic cycling routes. The new Mar e Tiaris cycle path is completely paved and flat, making it ideal for handbikes. This well-marked and safe route winds through typical natural landscapes, offering an engaging experience for beginners and experienced cyclists alike.

In addition to this cycle path, Staranzano offers other accessible routes that allow you to explore the beauty of Friuli Venezia Giulia in an eco-friendly way.



TRIESTE

Trieste is described as the most cosmopolitan city in Italy, with a Hapsburg history and a Mediterranean soul.

The heart of Trieste is Piazza Unità d'Italia, surrounded by historic buildings and overlooking the sea from the pier Molo Audace. The view includes monuments, churches and the impressive Miramare Castle in the distance. The city also boasts a coffee tradition, with literary cafés frequented by great authors. Visiting one of these cafés is a ritual not to be missed, where you can learn how to order an espresso in the local dialect. The borderland that is home to Trieste looks towards the Adriatic Sea and the Karst promontory, full of the fragrance of Mediterranean scrub. Trieste also has a coffee tradition, with literary cafés frequented by great authors. Visiting one of these cafés is a ritual not to be missed, where you can learn how to order an espresso in the local dialect.



CARLO SCHMIDL THEATRE MUSEUM

Founded by Carlo Schmidl for celebrating local stage memories, this museum explores the history of local theatre and music, with a unique collection of musical instruments, documents and historical objects.

Ph: 040 6754068
Email: museoschmidl@comune.trieste.it
Website: museoschmidl.it

CIVIC MUSEUM OF ORIENTAL ART

The museum houses collections of oriental art, as well as travel memories and mementos, weapons, musical instruments, various types of testimonies and ethnological and anthropological exhibits from all over Asia.

Ph: +39 040 3220736
Email: museoarteorientale@comune.trieste.it
Website: museoarteorientaletrieste.it

SARTORIO CIVIC MUSEUM

An elegant 19th-century villa houses this museum, which combines art and history in a journey through period furniture, works of art and an impressive collection of Roman ceramics and mosaics.

Ph: +39 040 6759321
Email: museosartorio@comune.trieste.it
Website: museosartoriotrieste.it

MUSEO DEL MARE

Located in Warehouse 26 of the Old Port, the Trieste Museo del Mare (Maritime Museum) celebrates the city's connection with the sea through models, nautical instruments, paintings and historical documents that provide insights into centuries of maritime history.

Ph: +39 345 6276657
Email: museomare@comune.trieste.it
Website: museodelmaretrieste.it



CIVIC MUSEUM OF NATURAL HISTORY

This museum offers a journey into the biodiversity and geology of the Adriatic, with collections that range from zoology to palaeontology. Located in Via dei Tominz, it is home to artefacts of international importance and a rich display devoted to local fauna.

Ph: 040 6754603
Email: sportellonatura@comune.trieste.it
Website: museostorianaturaetrieste.it



ITS ACADEMY

A centre dedicated to innovation and creativity in the field of fashion and design. Located in the heart of the city, it is an international reference point for young talent and professionals in the industry. The exhibitions include fashion collections, accessories and design projects, with a focus on the winners and finalists of the ITS (International Talent Support).

Ph: 040 300589
Email: info@itsacademy.org
Website: itsacademy.org



THE HISTORICAL CAFÉS OF TRIESTE

Trieste is famous for its historic cafés: iconic places that tell the story of the city's Central European culture and spirit. These elegant and charming venues have served as a meeting place for writers, artists and intellectuals such as James Joyce, Italo Svevo and Umberto Saba. One thing not to be missed is learning how to order coffee like a true Triestino, discovering the local names for the different options, from nero (espresso) to capo in B (macchiato in a glass cup). Visiting a café means experiencing a timeless atmosphere where taste, history and culture come together in perfect harmony.

IMMAGINARIO SCIENTIFICO

An interactive and experimental museum dedicated to science; ideal for families and enthusiasts. Located in Warehouse 26 in the Old Port, it offers over 2,000 square metres of immersive experiences, with experiments and explanatory panels in Italian and English.

Ph: 040 224424
Email: info@immaginarioscientifico.it
Website: immaginarioscientifico.it



TERGESTE OLIVE OIL

The Trieste Karst region produces Tergeste DOP extra virgin olive oil, a product that represents the perfect combination of tradition and terroir. The olive tree has grown in this area since pre-Roman times, thanks to the mitigating influence of the Adriatic Sea and the unique microclimate of the Karst region, which favours high quality cultivation. This oil is distinguished by its extraordinary organoleptic qualities, with a flavour that is delicate yet persistent, enriched by pleasant notes of green tomato, making it ideal for enhancing traditional Mediterranean dishes.



CASTLE OF MIRAMARE

The Castle of Miramare was built between 1856 and 1860 as a residence for Archduke Ferdinand Maximilian of Habsburg, later to become Emperor of Mexico, and his wife Charlotte of Belgium. There are more than 20 rooms inside the castle, including the 'Maximilian Rooms', such as the bedroom furnished like a ship's cabin and the 'Throne Room'. To make the experience accessible to all, the museum provides educational aids in Braille, tactile panels with maps and raised texts, and an illustrated tactile guide telling the history of the castle and park in an inclusive manner.

Museo Storico e Parco
del Castello di Miramare
Viale Miramare, 34151 Trieste Italia
Ph. 040 224143
Email: mu-mira@cultura.gov.it
Website: miramare.cultura.gov.it

SPECIAL SERVICES ON REQUEST

In addition to the equipment listed for each facility, PromoTurismoFVG also provides a range of aids for people with disabilities.

Available on request:

- Guided tours in LIS for people with hearing disabilities.
- Translation and simplification materials to support guided tours for visually impaired persons.
- Guides in Plain Language for people with cognitive disabilities.
- Tandem, side-by-side and wheelchair bikes.
- Tourist and nature guides trained in accessibility.





FRIULI VENEZIA GIULIA A REGION FOR EVERYONE

OFFICIAL WEB SITE FOR ACCESSIBLE TOURISM: FVG PER TUTTI

The FVG per Tutti (FVG for Everyone) is a website designed to offer detailed information on accessible tourist and cultural destinations, facilities and experiences. The information collected and shared on this website allows everyone to assess independently which tourist facilities and services meet their specific needs, enabling them to enjoy to the fullest their visit to our region, whatever their requirements.

DETAILED FACT SHEETS OF THE MAPPED PLACES:

Each datasheet provides precise information on the accessibility of the facility, including the following information:

- Available ramps, lifts or stair lifts.
- Disabled bathrooms.
- Tactile routes or audioguides for people with sensory disabilities.
- Disabled parking nearby.
- Any reported architectural barriers.

CUSTOMISED SEARCH TOOLS:

You can filter places according to your needs, selecting the accessibility criteria most relevant to you or your group

INTERACTIVE MAP:

A handy map allows you to locate quickly accessible points of interest in the different areas of the region.

To discover all the accessible resources and experiences in Friuli Venezia Giulia, go to

www.friuliveneziagiuliapertutti.it/en





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HOW TO TRAVEL TO FRIULI VENEZIA GIULIA

BY CAR

Higways:
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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