

BY BOAT

SEA ROUTES AND EXPERIENCES
ON THE SEA

IO SONO
FRIULI
VENEZIA
GIULIA

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WHERE DOES YOUR HOLIDAY BEGIN?
SEA ROUTES AND EXPERIENCES ON THE SEA



ONE COASTLINE, MANY STORIES

*Navigating the Upper Adriatic towards the north-east is a continuous discovery, with seaside resorts such as **Lignano Sabbiadoro** and **Grado**, the nature of the **Grado Lagoon** and **Marano Lagunare**, **Marina Julia** wind-spot, the relaxing views in the **Sistiana Bay**, the **Gulf of Trieste** and the seaside village of **Muggia**. Landing in Friuli Venezia Giulia means travelling through a land of contrasts and nuances, with an **excellent boating offer**, where you can venture along rivers amidst the rustling of waves and reeds, in luxuriant nature or the open sea, by boat or by bike, playing sports or strolling through well-kept towns, among sandy, rocky and pebble beaches, nature reserves and wine-and-food routes.*

Faro della Vittoria lighthouse

FROM VALLE CAVANATA TO MONFALCONE
NATURE AND EXCELLENCE

Monfalcone is a seaside town combining an **entrepreneurial soul and a deep connection to land**.

Here one is spoilt for choice. The **Marina Julia windspot**, the Valle Cavanata Nature Reserve and Isonzo **River Mouth “Foce dell’Isonzo - Isola della Cona” Nature Reserve** welcome tourists of all ages, and there are numerous cycling and walking routes where you can enjoy birdwatching, admire free-roaming Camargue white horses and breathe in the lagoon air.



Windsurf, Marina Julia



Isonzo River Mouth
Foce dell'Isonzo - Isola della Cona" Nature Reserve

Monfalcone is also the capital of shipbuilding. At **MuCa**, the **only shipbuilding museum** in Italy, you can discover the secrets of this sector.

Not far away from here lie **Redipuglia** and **Monte San Michele**, two places preserving the memory of the world wars, and the wild scenery of the Karst with the **Doberdò and Pietrarossa Lakes Nature Reserve**.



Tiziana Weiss Trail - "Sage Trail"


RECOMMENDED SPORT

Kitesurf

SUMMER MARITIME LINES

Trieste

FROM THE LITORANEA VENETA COASTAL WATERWAY
TO LIGNANO SABBIAADORO - ALL THE NUANCES OF THE SEA



Lignano Sabbiadoro, Pagoda

Lignano Sabbiadoro is a seaside resort that combines **sea, nature and fun for all ages**.

It is renowned for the wide range of tourism, including family holidays, glittering night-life, relax on the sea, parks, zoos and attractions. ‘Sabbiadoro’ means ‘golden sand’, a name Lignano certainly owes to it well-equipped **golden sandy beaches that are ideal for water sports** such as windsurfing, SUP, kite surfing and kayaking. You can also enjoy wellness experiences immersed in nature, such as metabolic walking, nordic walking, forest bathing and yoga.

Golf lovers will be astonished by Lignano Sabbiadoro’s wonderful golf courses, while the most demanding explorers will have to choose among the many bike tours and cycling routes to **discover both the coastline and the hinterland**.


Right next to Lignano Sabbiadoro is **Aprilia Marittima**, an important reference point for yachting, with berths, dry marinas, marina resorts and many other services for sea lovers.

CAST OFF AND EXPLORE


Cross the river with your bike onboard Passo Barca X-River | bike tour with boat routes

SUMMER MARITIME LINES

Marano Lagunare | Grado



Lignano Sabbiadoro, Yoga Sup



Belvedere Trabucco

FROM DUINO TO SISTIANA
LEGENDS OF THE SEA

Among the white cliffs overlooking the Upper Adriatic, **Duino** reveals a coastline of breathtaking views and ancient myths. On a cliff overlooking the bay you can meet the **White Lady**, whose soul lives here and whose legend makes these places even more fascinating.

The **Duino Castle**, perched above the sea, dominates **Sentiero Rilke** trail, a scenic route that inspired the Austrian poet’s famous elegies. In the **Duino Cliffs “Falesie di Duino” Nature Reserve**, you can walk among pine trees and peregrine falcons and join the lively **Sistiana Bay**, the nearby **Canovella** and **Santa Croce** beaches (mainly rocky or pebbly), the **Costa dei Barbari** (FKK) beach and, finally, **Portopiccolo**, a luxury but environmentally sustainable resort.



Duino Castle

ON THE WATER

Sup or canoe tours or sailing under the cliffs

SUMMER MARITIME LINES

Trieste

FROM THE LAGOON TO MARANO LAGUNARE
A TREASURE OF SEAFARING CULTURE AND BIODIVERSITY

In the **northernmost Lagoon in the Mediterranean** is a village made up of small lanes, small squares and bas-reliefs that tells the century-long history of Venice.

The Lagoon, protected by islands and canals marked by the typical briccole (dolphin pilings), is a rare example of balance between man and nature, so much so that it is the seat of two **Regional Nature Reserves - Foci dello Stella and Valle**

Canal Novo - were herons, swans and hawks live and where you can find traditional fishermen’s cabins called casoni as well as traditional bilancioni, fishermen’s huts equipped for called for fishing in the river and still in use. **Marano Lagunare** is also the gateway to Palazzolo dello Stella natural oasis and **San Giorgio di Nogaro** nautical centre, in an area where **water, history and biodiversity** blend harmoniously.



Marano Lagunare

IN THE LAGOON


Boat trips (lunch on board or, on some routes, optional lunch in casoni)

SUMMER MARITIME LINES


Lignano Sabbiadoro (including in the evening)

FROM MIRAMARE TO TRIESTE
CITY, CULTURE, MEMORY

Among the blue of the Gulf of Trieste, the white of the castle and the green of nature is the **Miramare Castle**, an elegant 19th-century manor house overlooking the sea, surrounded by the **Historic Park of Miramare Castle**, with plants from all over the world, and the **Miramare Marine Protected Area**, Italy’s first marine park.




Marina San Giusto



Miramare Castle

Not far away, **Trieste** welcomes you in all its splendour with the Barcola Riviera, Piazza Unità d’Italia and its historic cafés, where you can savour the lively, cosmopolitan soul of this city which is the gem of Central Europe, amidst Hapsburg palaces, churches and monuments celebrating different religions, and landmarks such as the **San Giusto Castle** and the **Canal Grande**.



Trieste, Canal Grande

DAILY EXCURSIONS

Diving and seawatching tours

SUMMER MARITIME LINES


Grignano | Sistiana | Monfalcone | Grado

MARITIME LINES OPERATING ALL YEAR ROUND


Muggia

FROM GRADO TO AQUILEIA
THE ISLAND OF THE SUN AND UNESCO SITES


The islands of Barbana, Anfora, Mota Safon and Banco D’Orio are a sort of introduction to the beauty of **Grado**, also known as the Island of the Sun because of its privileged position. Each of these islands has its distinguishing feature: Barbana is home to an ancient sanctuary dedicated to the Virgin Mary; Anfora and Francamela host a renowned fish restaurant; Mota Safon was the setting for Pierpaolo Pasolini’s film ‘Medea’ starring Maria Callas; Banco d’Orio is a strip of golden sand, a corner of unspoilt nature, where many species of marsh birds nest.



Grado



Typical casone in the Grado Lagoon



Barbana Island

In **Grado**, **nature, history and tradition intertwine**. Amidst canals and verdant islets lie the Marine Thermal Baths seaside spa, the basilica of Santa Eufemia, and the lively Porto Mandracchio. In the alleyways, you can breathe in the art of ancient crafts, while in the trattorias you can enjoy local fish dishes. The beach is safe and hospitable, ideal for **families and sports lovers**, with activities such as sailing, SUP and windsurfing.

Grado is the arrival point of the **Alpe Adria Cycle Route**, and nearby are two important UNESCO sites: **Aquileia**, renowned for its Roman-era archaeological site, and **Palmanova**, the star-shaped fortress town.

DAILY TRIPS

Boat, SUP or canoe excursions

GOURMET EXPERIENCES

Restaurants in the Lagoon with docking

SUMMER MARITIME LINES

Lignano Sabbiadoro | Trieste | Aquileia

FROM TRIESTE TO MUGGIA
BETWEEN ITALY AND SLOVENIA



Muggia

Overlooking the sea and framed by the green Karst landscape, **Muggia** is the only town on the Istrian peninsula located in Italy that preserves the soul of the Serenissima in its streets, palaces, Muggia dialect and traditions, both gastronomic and those related to customs and traditions, such as the **Carneval de Muja**. Behind it, the Val Rosandra valley offers spectacular scenery: waterfalls, caves and white cliffs loved by hikers. Muggia is in fact the final stop on the **Alpe Adria Trail** and the **Via Flavia**, combining faith, nature, and the sea.



FVG MARINAS

*FVG Marinas is the network connecting the best equipped marinas in Friuli Venezia Giulia, guaranteeing boaters an exclusive welcome and high-level services all year round.

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www.turismoFVG.it/brochure



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