

TARVISIANO



WONDERFUL JULIAN ALPS

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FRIULI
VENEZIA
GIULIA


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TARVISIANO

WONDERFUL JULIAN ALPS

THE EXPERIENCES YOU CAN LIVE IN FRIULI VENEZIA GIULIA



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“OF ALL THE MOUNTAINS I HAVE SEEN, NOTHING COMPARES WITH THE JULIAN ALPS”

Julius Kugy (1858 — 1944)

Imagine a place where the seasons are slow to change, where you can rest your mind and connect with nature. A place where at the top of the mountain you can feel the spirit of friendship between neighbouring peoples and where you can easily cross those borders on a bicycle or walking along a path. A place that is easy to reach. This place is area of Tarvisio, in the north-east corner of Friuli-Venezia Giulia (and Italy). A vast and varied territory, extending between the green Carnic Alps and the magnificent Julian Alps, offering visitors nature, history, art, sport, food and wine, traditions and breathtaking landscapes. You will find places that are still unspoilt where you can go alpine skiing, nordic skiing, ski mountaineering, snowboarding, freeriding and even heliskiing. In winter and summer, you can go trekking, snowshoeing, ice-skating, dog sledding, dog-trekking, climbing, cycling, mountain biking or play golf. Walking along the easy paths along the valley

bottoms, those of the Great War, or climbing higher up to the “via ferrata” trails, you will be immersed in unique environments, among unspoilt alpine flora and fauna. Here, you can enjoy genuine dishes, look into crystal clear lakes or embrace centuries-old trees, making you forget the stress and making your experience in the area of Tarvisio unforgettable...

Tarvisio is the main town in the area, located on the border between Italy, Austria and Slovenia. It was annexed by Italy after the First World War. Its most important monuments include the church of the Beata Vergine di Loreto with 16th century paintings and the church of San Nicolò in Coccau, with paintings dating back to the 15th century. The Sanctuary of Mount Lusari is unbelievably charming and spectacularly beautiful. It was built in 1360 on a hilltop of the same name and rebuilt in 1924.



FAMILY EXPERIENCE



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A FAMILY HOLIDAY

The whole area offers an incredible range of opportunities for families: here, you can find many ideas to plan a holiday **suitable for young children** while choosing activities for older children to have memorable experiences in close touch with nature and history. Many **trekking routes of varying levels** and difficulty can be found, also ideal for families. The access routes to the many mountain refuges in the area, clearly marked and signposted, provide interesting ideas for an initial **approach to**

the mountains, ensuring that you will find small genuine hospitality facilities at your destination, where you can rest and taste the typical dishes of the **alpine tradition**. A large number of alpine dairies and small mountain huts can be used as a base for short hikes with children. At the alpine dairies, you can taste **truly genuine products** and learn the secrets of an ancient trade that is still a vital part of the mountains of Friuli-Venezia Giulia today.



THE MAGIC OF WATER THAT DEFINES A TERRITORY

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The basin of the **Fusine lakes** is one of the charming places in the region. Of glacial origin, the lakes are connected by easy paths hidden in a thick forest of European spruce and situated at the base of the **Mangart** mountain range. These places convey a feeling of peace that allows you to immediately be in tune with nature. An interesting thing about this area is the presence of many erratic boulders, blocks of stone transported by glaciers and among the largest to be found in the Alps. The largest is the **Pirona** or **Rudolffels** rock, with a volume of



just over **30,000 cubic metres**. Not far from the Fusine lakes, you can find a unique and really fascinating school: the **Scuola Italiana Mushing**, where you can go dog sledding and dog trekking. Here, Ararad has created a base camp, where you can go mushing **with its huskies in summer**. In winter, **dog sled** rides are organised, where you can learn all the secrets of mushing. But there is another lake, about ten kilometres south of Tarvisio, which deserves to be experienced on holiday with the family: **Lake Raibl** (also known as **Lake**



9 1

Predil with its clear deep green-blue water, reflecting the **peaks of the Cinque Punte** (1912 m). A small island, the remains of a partly destroyed morainic arch, creates a very fascinating and mysterious landscape that has given rise to many legends. One of these is the legend of the lake, which describes a rich and populated country, whose inhabitants were, however, insensitive and hard-hearted. One night, huddled in the warmth of their own homes, they refused to give shelter to a young woman carrying her son in her arms. That night there was a storm and earthquakes, and rainfall flooded the village, sparing just one house, whose remains are said to be those on the small island of Lake Raibl: the house of the only family that gave hospitality to the mother with the child. The lake has two large beaches: one has a beach volleyball court and you can also windsurf there, whereas at the other you can hire nautical equipment for kayaking

and surf-biking, wetsuits and boats, and much more. The village of Cave del Predil owes its existence to the presence of a **rich deposit of lead and zinc**: until 1991, a flourishing mine had been in operation since Roman times. It will be exciting to learn about the underground world of the Cave del Predil at a **mining exhibition** and discover how miners worked in the Geomineral park, **visiting the tunnels** by foot. Then do not miss the **Orrido dello Slizza** (Slizza Gorge): do not be fooled by its name because it is a real spectacle of nature, which is visible after a small descent by steps until you reach the left bank of the Slizza river. A walk over wooden bridges along the side of river allows you to safely cover the most exposed stretches. The **circular route** takes about an hour and a half at a child's pace and is closed in winter. At the exit, there is a well- equipped picnic area.



FAMILY OUTDOOR HOLIDAY IN MALBORGHETTO – VALBRUNA

The municipality of **Malborghetto-Valbruna** is one of the places where you can feel the strongest bond that unites the life and traditions of the inhabitants of the valley to the natural environment all around them. Just above the small village of **Ugovizza** lie the **Val Filza**, **Val Uque** and **Val Rauna**, connected by the **Puanina Tour**, an 16,5 kilometre long route that is perfectly signposted and accessible in all seasons. Here, you can find 7 refreshment places including Agriturismo, Alpine dairies and Mountain

refuges, where you can taste delicious dishes made from **local ingredients** by skilled hands. Not far away, nestled on a small green plateau, on the slopes of Mount Lussari, against the backdrop of the rugged peaks of Nabois, Jôf Fuart, Jôf di Montasio and Jôf di Miezegnot, Valbruna is the starting point for exploring the **Val Saisera**. The **Forest Sound Track** has been dedicated to the **Tonewood European Spruce**, whose precious wood is selected to make musical instruments all over the world.

The track intersects on some stretches with the Parco Tematico della Grande Guerra **Abschnitt Saisera** (Great War theme Park) and in winter with the **Saisera Wild Track** route. This connection perfectly describes the bond between nature, history and tradition, typical of these places, and concentrated in the rooms of the **Museo Etnografico** (Folklore Museum) housed in **Palazzo Veneziano** in Malborghetto. Also here, the **AniMalborghetto** path has been

dedicated to children: a mini trekking path along which life-size wooden shapes have been placed, painted by the skilful hands of the local **artist Marina Gioitti** and representing all the animals in the **Age-old Forest of Tarvisio**. Bears, deer, roe deer, marmots, foxes and many other animals become the focus of a special fairy tale and an opportunity to reflect on the concepts of ecology and respect for nature.

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ALPINE DAIRIES AND MOUNTAIN REFUGES

If you love being surrounded by the quiet atmosphere and unspoiled areas of the mountains, in a beautiful landscape far from the frenetic pace of daily life, mountain refuges are the ideal places for you. Easy paths, winding through dense woods and attractive slopes allow you to reach splendid mountain refuges that offer a warm welcome to hikers. What could be better after a hike than sitting at a table in a mountain refuge and tasting the local dishes of a simple and genuine cuisine? Mountain refuges, which can be reached along more demanding paths, nestled in the silence of amazing landscapes, also offer a rest in large comfortable rooms and the opportunity to learn about traditional flavours. Here, mushrooms, frico (crispy pan-cooked potato and cheese) and polenta have a special, rich and unmistakable taste, and can relieve the efforts of even the most

determined hikers. And to choose your hikes, you can get inspiration from the travel notebooks of great hikers: mountain refuges become real libraries with a wide variety of books, magazine, maps and photographic texts on the surrounding mountains, where even music is sometimes given a special welcome. If you are looking for dairy delicacies, offering traditions handed down over the centuries in the slow flow of the seasons and the fragrance of the rhythmical pace of cows grazing in the meadow, you will find all this at the Alpine dairies. What are these delicacies? **Montasio**

DOP of course, and other **alpine dairy cheeses**. Milk is carefully selected from the evening and morning milking, and perhaps even a little goat's milk is added. The choice includes "caciotta", smoked ricotta, butter, yoghurt and much more... All the alpine dairy cheeses have special characteristics such as a strong flavour and a bitter yet always pleasant aftertaste. The cheeses may have been matured for a long period and depending on the altitude, the month and the specific pasture, each herb gives the milk a different fragrance, so the same products can even vary very much.



NATURE IN THE VAL RESIA AND THE JULIAN PREALPS NATURE PARK

The Val Resia is at the **heart of the Julian Prealps Nature Park** and extends in a west-east direction for 20 kilometres. The valley unfolds at the foot of the **Canin mountain range** (2587 m), which is the highest point marking the border between Italy and Slovenia. Traditions, crafts and folklore, the language and the local architecture make this valley unique. These distinctive features

are fully expressed during folklore events organised by the Resians. Let yourselves be captivated by the typical rhythms and dances, observe the work of artisans committed to keeping ancient trades alive, such as that of the **Knife grinder**: these are just some of the experiences you can enjoy during the **PŪST carnival**. Then in summer there is the knife grinder

festival and the **garlic of Resia** festival, a slow food product. The Julian Alps are the new UNESCO Biosphere Reserve! A natural treasure that unites Italy and Slovenia, the result of a collaboration between the Julian Pre-Alps Regional Nature Park and Triglav National Park.

12 14



SMALL STEPS IN THE PARK

The small **rock partridge**, the symbol of the Julian Pre-Alps Nature Park will accompany you along the easy paths immersed in nature, which is still little known and therefore extremely wild and unspoilt. A host of ideas have been developed to make your holiday with



your children unforgettable. To give everyone the opportunity to fully experience the pleasure of learning about the **protected area, 5 information centres** have been set up in the area: including the visitor centre in Prato di Resia, where displays allow you to learn about



the most important features of the area, and the info point in Pian dei Ciclamini. An excellent way to find out more about different themes is to visit the **permanent exhibitions** entitled: "Foreste, uomo, economia nel Friuli Venezia Giulia" (Forests, man and the economy in Friuli-Venezia Giulia) in Venzone, which analyses all aspects connected with woodland habitats; "Miniera del Rio Resartico" (The Mine of the Resartico River) and the **"Galleria Ghiacciaia"** (Glacier Gallery) in Resiutta, which provide evidence of the activities carried out on the slopes of **Mount Plauris**; "Speleologia e Carsismo del Canin" (Speleology and Carsism of Canin) in Sella Nevea, where the mysteries are revealed of the depths of this famous mountain,

a symbol of the Julian Alps. In any season, a full **programme of guided hikes** to all the major locations of interest in the protected area will allow you to take a trip in the Park: the hiking programme is varied and highly interesting. Water and caves are the main features of **acqua trekking**, among streams, waterfalls and scree with shapes and colours of rare beauty, or in the **heart of the Fontanon di Goriuda**, a spectacular 30-metre waterfall that comes out of a cave, part of which can be visited in the **Val Raccolana**. The entrance can be reached along an easy path, accompanied by a caving guide, from which you enter the cave for an experience you will want to tell others about.



10 LET'S ALL GO TO SELLA NEVEA

Sella Nevea, a winter and **summer tourist resort** in the heart of the Julian Pre-Alps Nature Park in the most important protected areas, including the **Tarvisio Forest** and the Triglav Park in Slovenia, offers many facilities highly appreciated by families. You can also spend a day among the trees in the **Adventure Park** in an 8,000-square metre wood, where you can move from one platform to another along paths created through trees, using board-

walks, Tibetan bridges, liana bridges and pulleys: **5 different routes with increasing levels of difficulty** are also accessible to those who have not had any special training. Only the last route (the red one) tests the participants' courage, balance and coordination. It is a pleasure to take the children up in a gondola lift to the Gilberti mountain refuge and discover the surrounding geological world.

From Sella Nevea, you can head towards the **Montasio Plateau**, where cows graze on summer mountain pastures and dairy products are produced on a huge alpine plain that is ideal for **easy walks with children**. It features large pastures and the presence of many wild animals, including marmots that love basking in the sun and communicating with each other with their unmistakable whistling.





WITH CHILDREN ON THE SNOW

In Tarvisio and Sella Nevea, two ski resorts in this area, there are two ski schools with qualified instructors and a playground specifically designed for children. The ski schools are for children and offer specific facilities and programmes to allow them to approach the world of snow in safety and fun. In **Tarvisio**, adults and children can have fun in the **Fun Park dell'Angelo**, which has large spaces for sleds, snow rafts and a wide choice of inflatables. Throughout the winter season and even in summer, the alpine coaster in the Piana dell'Angelo snow playground promises you

fun along its 880-metre long route. The track includes a series of bends with different slopes and radii and a series of woops and bumps to make even the straight stretches a thrill. Operating in **summer** is the **Angelo Zipline**, the modern facility gives the thrill of flying through the forests of Tarvisio's thousand-year-old forest. With a 27% gradient, a 143m drop and a length of 560m the moments of exaltation will certainly not be missed. The **Sella Nevea** snow playground, instead, also includes a floodlit skating rink and a magical snow igloo. The offer for children also

includes an indoor climbing gym so they can approach climbing with experienced guides. For those who love ice skating, from competitors to those who simply want to have fun with their friends, the **Palaghiaccio in Pontebba** is a modern and versatile ice rink, home to important sports events, shows on ice and recreational events in general. It offers ice skating courses and is an attractive venue for artistic skating. The **Val Saisera** also has more than 15 kilometres of snow-covered paths, well-marked and groomed through woods and

clearings, to cover on foot wearing snowshoes, on a **fat bike** or with your dog. These simple routes, with no particularly difficult slopes, are ideal for families and for letting children learn about the beauty of unspoilt nature: a simple route of about 4 km, the **Beisner Track**, (on the Piana di Valbruna) is perfect for short hikes. Another is 11 km long, the **Wild Track** (in Val Saisera) leading you to the foot of the north face of Jôf di Montasio, the favourite mountain of Kugy, with a circular trail in a landscape that is nothing short of impressive. **1 5 7 10**



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OUTDOORS IN SUMMER

In the area of Tarvisio, summer is full of events not to be missed and **hikes with alpine and nature guides**, of different duration and difficulty, allowing you to discover the most attractive corners of the Julian Alps: hikes also include **dog trekking**, **nordic walking**, **mountain biking**, historic **hikes** to discover the paths

dedicated to the Great War, **collecting wild herbs** and much more. Lake Raibl is the ideal place for **sailing and windsurfing**, where you can hire equipment on the spot, whereas children can have fun freestyling and skateboarding in **Forest Park**.



MADE TREKKING

Mount Lussari is also the final stop in a new proposal to cross the Alpine arc from the **Dolomites of Sappada** to the **Julian Alps of Tarvisio** via the 144 km of the Carnic ridge: a multifaceted route, straddling the border between Friuli Venezia Giulia and Austria, usable in both directions and running along dirt roads, paths and old mule tracks.



WALKING IN THE GARDEN OF EDEN

www.alpe-adria-trail.com

On the **Alpe Adria Trail**, the **trekking route** in the Alpe-Adria area, hikers and nature lovers have the opportunity to take a **route with no borders** between the three neighbouring countries: Austria, Italy and Slovenia in 43 stages, each one about 20 km long, for a total of 750 km. Along the route, tourists can follow the **specifically created signposting** and use the **information and hospitality facilities provided**. This new route, called a borderless one, is an excellent way to discover the special features and diversity of territories that stretch from the mountains to the sea. It starts in the mountains of **Carinthia**: the Hohe Tauern National Park, the watermills of Apriach and the Millstät-



ter Alps are just some of the special features that you can see along the route in Austria. Then you enter **Slovenia** at Kranjska Gora and follow the Isonzo river, entering the Julian Alps and continuing to Bovec and then to Caporetto and Tolmino. You then arrive in **Italy** to discover the Valli del Natisone and Cividale del Friuli, the Collio area, the Karst Plateau of the Trieste area and the port of Muggia, just to name a few of the main stops on the route. If, on the other hand, you do not have the time or the necessary training to tackle all 43 stages, but you still want to experience the thrill of trekking across the three borders, you can try the **Giro delle 3 Nazioni**: 123 km that stretch throughout the entire **Tarvisio area**, which can be covered in **7 daily stages** between Carinthia, Slovenia and Italy, which are the **short version** or the Triple **Boundary** of the Alpe Adria Trail.

A PLACE STEEPED IN HISTORY

www.turismofvg.it/GrandeGuerra

In the area of Tarvisio, those who love history can find many **traces of the past**, especially those related to the First World War. In this area, important mil-

itary posts were built to defend former borders and there were clashes between Italian and Austro-Hungarian soldiers on the peaks of some mountains. The **forts**



and trenches that were used a century ago to prevent the enemy from advancing are now fascinating remains dating back to the early 20th century, which can be visited on walks in the heart of the woods or on the peaks of the Julian Alps. Trekking enthusiasts can reach the peaks of the Val Dogna, such as **Jôf di Miezegnot** and **Jôf di Somdogna**, to understand how they fought (and lived) at high altitudes, whereas less expert hikers can easily venture along the paths in the **Themed Parks of the Great War - Abschnitt Saisera** (in Malborghetto Valbruna) and **Bombaschgraben** (in

Pontebba) - or take the **route along the bottom of the Val Resia**. It is worth noting that in this area military forts were also built to guard the borders at that time. Huge Fort Hensel, which stands above Malborghetto and was built in the Napoleonic era, was used during the Great War and is now an important part of an open-air museum inaugurated in 2018. In Ugovizza (a hamlet of Malborghetto), Forte Beisner-Opera is evidence of the fascist period and the Great War. Not far away, in Chiusaforte, stands the Fort of Col Badin, built by the Italian army shortly before the First World War.



ALMOST REACHING THE SKY

The intersection of the Carnic Alps and the Julian Alps is a magical aspect of the area of Tarvisio. The Carnic Alps, in the west, feature grassy pastures and green woods that convey a kind of gentle charm below the rocks of the highest peaks. The Julian Alps, on the other hand, with their wild and rocky characteristics are excellent for those who enjoy mountaineering, the effort involved and challenging their own limits, and have a deep respect for nature. Although they do not reach 3000 metres, at lower altitudes the Julian Alps already have all the features of high altitudes. This allows them to offer, on the one hand, views and routes within everyone's reach while being a true paradise for mountaineers with their extremely demanding routes and normal routes, which have shaped world-famous mountaineers including Julius Kugy and Nives Meroi.



MAGICAL WINTER IN THE AREA OF TARVISIO



A winter holiday in the area of Tarvisio can amaze and give you great satisfaction. **Scenarios from the great north** and superb peaks that stand on the horizon can be appreciated when skiing in a fairytale landscape, with all kinds of activities and fun for everyone. During the winter season, in addition to

alpine skiing you can take advantage of a wide range of opportunities offered by the **“Attività nel Tarvisiano”** (activities in the area of Tarvisio) programme. In this area, **walks** and **hikes** in the snow are organised with nature guides and alpine guides, as well as guided **snow bike** trips, nature and historical



hikes to the places of the Great War, indoor climbing, nordic skiing and **dog sledding**. Skiing in the Tarvisio area means breathtaking trails that meet the expectations of skiers looking for **panoramic slopes and technical ski slopes**, experiencing unique landscapes in the world such as the Sanctuary of Mount Lussari and, above all, forgetting the stress of mass skiing. The Tarvisio and Sella Nevea ski area, with about **35 kilometre skiable area** (24km in Tarvisio and 10,5km in Sella Nevea), is ideal for everyone and provides an opportunity for skiers to have a go on thrilling technical trails. The **“Di Prampero” ski slope** in Camporosso stands out with its 4 kilometres and almost 1,000 metres of difference in

altitude. It is the “queen” of alpine ski slopes in Friuli-Venezia Giulia and the venue for the Super G races of the Women's Alpine Ski World Cup. Twice a week you will have the opportunity to ski on the final part of the prestigious Di Prampero ski slope also at night, **from 8pm - 11pm**. Taking the gondola lift up to Mount Lussari, skiing and admiring the stars is a temptation that will be difficult to resist. You can end the evening at the mountain refuges of Mount Lussari or at the Schuss-Bar at the lower gondola lift station. The geographical proximity to Austria and Slovenia will also allow you to experience a real holiday without borders.

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A fascinating sport of ancient origin, **nordic skiing** is perhaps the best way to enjoy the unspoilt nature of the Tarvisio area, discovering the magical nature, peace and breathtaking views looking beyond each single ridge of the impressive and wild Julian Alps. The ski trails of the Val Saisera, passing through the forest of tonewood European spruce with the Jóf Fuart mountain in sight, are the finest trails for this sport. If you want to breathe in the fairytale atmosphere of the small villages on the slopes of the mountains, the **Piana di Valbruna** ski trail is the one for you! A few kilometres away, near the town centre of Tarvisio, the slopes of the golf course are transformed into a varied cross-country ski trail, with its scheduled artificial snow production. It is partly illuminated with one slope ideal for beginners and another slope that is extremely technical. It

is no coincidence that the Arena G. Paruzzi bears the name of the famous champion. The offer for cross-country skiers is complemented with the **Val Gleris** ski slope, which winds for 7 km through the woods in the Val Gleris and with the **Pramollo ski slope** located at about 1500 m a.s.l. near the Promolo Pass. **Ski mountaineers** can venture onto the many trails that in summer, just as in winter, lead to peaks and mountain refuges. The ascent to **Mount Cocco** or Cima Bella, and the ascent to Monte Santo del Lussari along the classic **Sentiero del Pellegrino**, the **Rifugio Zacchi** (open for refreshments and for overnight stays in winter), the **Altopiano del Montasio**, the entire massif of **Mount Canin**, starting from **Rifugio Gilberti**, are just some of the routes chosen by those who love this exciting sport that will let you be surrounded by absolute peace and feel at one with nature.

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GOLF WITHOUT BORDERS

In the beautiful landscape of the impressive rocky peaks of the Julian Alps, with the breathtaking view of rocky Mount Mangart (2677 m), the **Golf Senza Confini Tarvisio** is an 18-hole golf course with many interesting technical features, with attractive surroundings that make every game an unforgettable experience. The 360° panorama of the entire valley, visible from the 4th-hole green, is truly splendid.





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An exemplary case of converting the route of a former railway line, the **Ciclovía Alpe Adria (Alpe Adria Cycle Path)** brings together Italy, Austria and Slovenia in a single route, crossing the **Valcanale and the Canal del Ferro**, two valleys situated in the far north-eastern corner of Italy. The itinerary, which follows the route of the old railway line, is suitable for all types of cyclists. Winding for more than 61 km, crossing impressive iron bridges and almost 4 km of tunnels, it offers wonderful panoramic views, making it regarded as one of the most beautiful cycle paths in Europe! Delightful towns, natural monuments, interesting tourist attractions and wonderful landscapes will accompany you from the Alps to the Adriatic Sea always on the saddle of your loyal travel companion, your bicycle!

ALPE ADRIA CYCLE PATH



In 2015, the Alpe Adria Cycle Path won prestigious acknowledgement in the Netherlands, where it was declared the **“Best Cycle Path of 2015”** at the active tourism fair in Amsterdam (Fiets en Wandelbeurs). In 2016, it won an “Oscar del Cicloturismo” (Bike Touring Oscar) in Verona at the second edition of the Italian Green Road Award.

Technical data

Distance: 415 km

Stages: **Salzburg / Bischofshofen** 54 km

Bischofshofen / Bad Gastein 52 km

Bad Gastein / Mallnitz - Spittal an der Drau 59 km

Spittal an der Drau / Villach 39 km

Villach / Tarvisio 37 km

Tarvisio / Venzone 60 km

Venzone / Udine 55 km

Udine / Grado 59 km

And for the return journey with your bike in summer, public transport services are provided by train with the **Mi.Co.Tra service (all year round)** and by bus with the **Bici+Bus service**.

www.alpe-adria-radweg.com



ROAD CYCLING

It is no coincidence that several times the roads of the Tarvisio area have been the routes of the stages in the Giro d'Italia race. Tough climbs and steep descents that cross majestic Alpine passes lead to beautiful flat stretches along valley bottoms. Road cyclists definitely cannot resist the temptation to follow the tracks of great climbers on epic stages such as the Montasio Plateau, the Pramollo Pass, the Valle di Ugovizza, the Vršič Pass (SLO) and Wurzenpass (AT), the Alpenstrasse del Dobratsch (AT), the Cason di Lanza Pass and the Predil Pass.



MOUNTAIN BIKING

One of the most fascinating ways to discover the mountains in the Tarvisio area is definitely by Mountain Bike. A combination of routes far from traffic and of varying difficulty winds through the Val Bartolo, the Valle dei Laghi di Fusine, Rio Freddo, the Alpe di Ugovizza, as well as the Val Resia and Val Aupa. With forest roads, mule tracks and old military routes, all mountain bikers will meet their match!



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IL CAMMINO CELESTE

The Heavenly Way (Cammino Celeste or Iter Aquileiense), created by a group of enthusiasts in the summer of 2006 with the blessing of our bishops involves **three routes** originating in three places that are highly significant for the history and tradition of faith of our lands. **One** is situated **in Italy** (Aquileia, where the Gospel was preached for the first time and where missionaries brought the Christian message to the heart of Europe), **one in Slovenia** (Brezje, near Kranj, the most important place of

invocation of the Mother of God in Slovenia) and the **other in Austria** (Maria Saal, north of Klagenfurt, a splendid church dating back to the 8th century, a centre of great importance for the history of Carinthia and for the cultural and religious identity of Central Europe). **The three routes lead pilgrims**, on foot, from the places of origin to Camporosso, where they meet and then climb together up to **Mount Lussari at 1789 metres**.

www.camminocelste.eu

PRATO DI RESIA – DOGNA

Starting point: The Sanctuary of Santa Maria in Prato di Resia

Point of arrival: Dogna

Uphill altitude difference: 430 m

Distance: 13.4 km

DOGNA – VALBRUNA

Starting point: Dogna

Point of arrival: Valbruna

Uphill altitude difference: 1085 mt

Distance: 27.1 km

VALBRUNA – MONTE LUSSARI

Starting point: Valbruna

Arrival: The Sanctuary of Mount Lussari

Uphill altitude difference: 990 mt

Distance: 11.4 km



Mount Lussari is a treasure of unparalleled beauty. On its summit stands a Sanctuary dating back to 1360. The church we can admire today was rebuilt in 1924, after being destroyed in the **First World War**. Today it has a single nave covered by a unique wooden ceiling with a ship's hull (a tribute to the Basilica of Aquileia) and decorated with painted stars. Back in the 16th century, Slavic, Latin and Germanic pilgrims would climb up the pilgrim's path (CAI 613) to get to the sanctuary and worship the **Madonna col Bambino**. Today, it can be reached both in summer and in winter, also by a modern gondola lift that leaves from Camporosso.



ESCURSIONI SLOW LA VIA DEL TAGLIAMENTO

The territory of the Tarvisio region has always been a crossroads of peoples and perhaps thanks to its nature many paths converge in **Valcanale** and **Canal del Ferro**. Among these, **Romea Strata** and **Via del Tagliamento** share a good part of their route in this area, and only move apart further downstream. The Via di Allemagna and its Friulian stretch, the Via del Tagliamento is a pilgrimage route, which covers half of Europe, leading to Santiago de Compostela, San Martino di Tours and Rome, but its historical direction is towards Jerusalem, descending from Krakow, Vienna, Tarvisio, Malborghetto, Pontebba, Dogna, Chiusaforte and Moggio Udinese. The route goes through a rare sequence of extraordinary natural environments, a model of diversity, with mountain paths,

along streams of different nature, and offers again an encounter with diversity and finds ancient relationships that have been founding elements of our civilization and in which this region, Friuli, the Aquileian Venetia, has played a fundamental role, between the Germanic, Baltic, Balkan, and neo-Latin regions and the Mediterranean and near-eastern areas.

TARVISIO – CAMPOROSSO

Altitude diff. Ascents / descents:

90 m

Length: 3,5 km

Duration: 45 min

ESCURSIONI SLOW 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, trodden over the centuries by many pilgrims heading towards important faith destinations such as the three peregrinationes majores: Rome, Santiago and Jerusalem. An important route was the one travelled by pilgrims who left from north-eastern Europe: from the Baltic Sea (Estonia, Latvia, Lithuania), Poland, the Czech Republic and Austria through Tarvisio; from the Balkans through Hungary and Slovenia, via Gorizia, and from Croatia, via Trieste. These could continue their journey on the ancient Via Annia, head to the Abbey of Nonantola and, crossing the Apennines, reach the Francigena route. Heading south from there, they reached Rome and the southern ports towards Jerusalem, or they headed north-west towards Santiago de Compostela.

By connecting the different sections 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.

www.romeastrata.org

CAMPOROSSO – MALBORGHETTO UGOVIZZA – PONTEBBA – DOGNA

Altitude diff. Ascents / descents: 780m-426m

Length: 27 km

Duration: 7.00 h

DOGNA – CHIUSAFORTE – RESIUTTA – MOGGIO UDINESE

Altitude diff. Ascents / descents: 457-300m

Length: 16.6 km

Duration: 4.00 h





TASTE EXPERIENCE

A TASTE OF THE MOUNTAINS

In the kitchens of the Tarvisio area, you can find the typical **dishes of three borderlands**, offering a combination of the typical Central European tradition and the Italian tradition. **Montasio cheese** has its origin in the majestic mountain range of the Julian Alps from which it gets its name. It is a large round cheese

made of cow's milk, a semi-hard cooked cheese, with a characteristic soft and delicate flavour, which is balanced and mild. The production of this cheese began in the year 1200. Over time, it became popular throughout the plain, complying with the strict regulations of its ancient tradition. There are four



types of Montasio, and four maturation times: **"fresco"** (matured from 60 - 120 days) with a soft delicate taste, **"mezzano"** (matured from 5 - 10 months) with a rich distinct taste, **"stagionato"** (matured for more than 10 months) pleasantly tasty and **"stravecchio"** (matured for more than 18 months) and also used for grating.

Garlic (Strok) is a typical product of the Val Resia, whose seed has been handed down from generation to generation. For this reason, it has acquired specific characteristics, such as its red or pink colour, and its bulbs have 6 to 8 cloves. It is highly appreciated by the gourmet world for its special organoleptic proper-

ties, such as its intense and lingering aroma, even in small quantities. It has been acknowledged as a **Slow Food product since 2004**.

Along the entire mountainous border between Italy, Carinthia and Slovenia a variety of pear can be found called **"Per Martin"** in Carnia, **"Klotzen"** or **"Doerrbirne"** in Carinthia, while in the Slovenian valleys it is known as **"Tepka."**

To date, few pear trees survive; the **Slow Food Presidium** aims to safeguard this biodiversity through a **census, cataloging and protection** of the plants that still exist, while working to plant new ones.



ART&CULTURE EXPERIENCE

EVENTS

ART&CULTURE
EXPERIENCE

TASTE EXPERIENCE

SLOW EXPERIENCE

BIKE EXPERIENCE

OUTDOOR EXPERIENCE

FAMILY EXPERIENCE

INTRODUCTION



The area of Tarvisio and the Val Resia, are places steeped in history and traditions, documented at the small museums and permanent exhibitions, where visitors can enjoy some cultural experiences. The **Museo Etnografico** (Folklore Museum) in Malborghetto has been created to protect and promote the historical and cultural aspects of the Val Canale and illustrate the morphological aspects of the Val Canale and the Canal del Ferro valley. Its rooms are dedicated to Geology, Palaeontology, Prehistory (with models), the Raibl Mine, Folklore, the

A DAY AT THE MUSEUM

6 13



Age-old Forest of Tarvisio (with dioramas), an exhibition about the history of the Palazzo Veneziano and local trades, as well as a well-stocked library. What attracts our attention, especially in the rooms focused on cultural and traditional aspects, is the triple nature of the area, linked to the Slavic, Latin and Germanic world of the three borderlands. An impressive linden tree, 400 years old, stands in the splendid internal courtyard of the palazzo. All this is enclosed in the wonderful architectural setting of the Palazzo Veneziano, one of the most beautiful and magnificent buildings in the valley, and one of the oldest, dating back to 1500. Another important town from the historical and religious point of view is **Moggio Udinese**. Founded in the 12th century and consecrated in 1119, the **Abbey of San Gallo** was rebuilt several times, and most recently after the earthquake in 1976. Near the **Town Hall**, the early 20th century building is a refined example of **Art Nouveau**

beyond the Alps. Moggio is also surrounded by valleys of extraordinary beauty such as the Val Aupa, a borderland between the Carnic Alps and the Julian Alps, whose main features are Mount Sernio and the Creta Grauzaria mountain.





CAVE DEL PREDIL MUSEUM CENTRE

The village of **Cave del Predil**, once called "Raibl", owes its existence to the presence of rich deposits of Lead and Zinc. The **mine**, which had been in operation since Roman times, was finally closed in 1991. The exhibition at the **Museo della Tradizione Mineraria/Miniera Lab** (Museum of the Mining Tradition) is a small journey through the history and aspects of the mines, with old illustrations of the mine and the miners who worked there, of Cave del Predil now and in the past, and interesting information about the minerals that are obtained from extraction, how they are re-used and their properties, as well as a comprehensive exhibition of equipment. You can visit the tunnels of the mine, accompanied by expert guides, who will let you have a unique experience and be immersed in the work atmosphere of the mine while explaining the techniques and equipment that were used. Inside the mine, the **temperature**

is constant at about **6°C** with about 98% humidity, but contrary to how cramped it may seem, these conditions make the air inside the tunnels particularly pure and even used for treating those with respiratory diseases! When you visit the mine, don't forget to bring suitable clothing with you!

If you want to take a journey through the local geology and history, you must not miss a visit to the **Museo Storico Militare Alpi Giulie** (Military Historical Museum of the Julian Alps). The entire territory was the main backdrop to many war events therefore a large documented archive (also of different countries) is preserved here, with artefacts and related items, covering a time span from the Napoleonic Wars to the Second World War.

Info

www.museitarvisio.it
+39 0428 876536

ART&CULTURE TRIPS

MOSTRA DELLA MINIERA DEL RESARTICO



The economic activity of the Canal del Ferro valley has long been influenced by the presence of a mine for extracting bituminous shale in the upper part of the **Rio Resartico** valley. Many panels, accompanied by illustrations, describe the activities that took place in the mine, the history of the research carried out and the geological and naturalistic aspects of the site. It hosts an interesting **reconstruction of a tunnel to scale**, displays of rocks and equipment, a model of the valley showing the form of the layers of the mine and the tunnels, as well as a video presentation of the documents collected during the research.

7 8 9 12

Info www.parcoprealpigiulie.it



SMALL MUSEUMS

A journey through nature, history and traditions visiting the small museums in the local area: the **Museo Etnografico in Resia**, about the rural and peasant life in the valley, and the **Museo dell'Arrotino** in Stolizza, which relives the historical memory of the ancient knife-grinding trade. In Dogna, the **Museo del Territorio** allows you to discover the secrets of the mountains with its palaeontology section dedicated to the discovery of the remains of a Noricum dinosaur. The multimedia **Museo Geopaleontologico** in Pontebba houses a permanent exhibition entitled "**Quando Pramollo stava all'Equatore**" (When Pramollo was at the Equator), a journey 300 million years back in time, when Pramollo overlooked an enormous ocean gulf and was situated next to the line of the equator and the southern hemisphere.

EVENTI

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EVENTS

January – Camporosso (Tarvisio)

FIACCOLATA DEL MONTE LUSSARI

On the evening of 1st January in Camporosso, the longest and most spectacular torchlight procession in the Alps takes place, descending along the Di Prampero ski slope. In the afternoon, along the streets of the village, a market is held with typical products and dishes, dog sledding demonstrations, horse-drawn carriage rides, and music and fireworks to make the festival even more evocative.

January - Camporosso (Tarvisio)

SNOW RUGBY

At the foot of the Prampero Slope the best Italian strongmen will compete in a unique setting: directly on the Snow Rugby playing field! Where there will be no shortage of opportunities to have fun to the rhythm of sports and music!

January – Pontebba

SNOW ART

Every year, the international snow sculpture festival not only organises a competition between great artists and sculptors of snow and ice but also offers snowshoeing trips, stalls and food and wine tastings, a market of agricultural products from the three borderlands and figure skating shows.

February – Val Resia

IL CARNEVALE DELLA VAL RESIA

In keeping with tradition, there are two types of masked figures at this carnival: the “babaci” and “kucaci”, simply dressed in old worn-out clothes and with faces dirtied with soot or charcoal, and “le te lipe bile maškire” (beautiful white masks). These consist of one or more white skirts adorned with lace and ribbons and a hat embellished with coloured paper flowers and small bells, whereas the men (maškarun) wear lower hats.

March – Tarvisio

TARVISIO WINTER TRAIL

A trail running race in the snow. The second edition of the Tarvisio Winter Trail was the final of the CSEN outdoor Italian national winter trail championship.

March/April - Sella Nevea

SKI MOUNTAINEERING

Historic ski mountaineering event established in 1947.

June – Malborghetto-Valbruna

FESTIVAL RISONANZE

The protagonist of a full programme of concerts in Malborghetto - Valbruna is the resonant European spruce of the Valcanale: concerts, themed exhibitions, nature trails through the Forest Sound Track and the Animalborghetto path, as well as events in the picturesque settings of Val Saisera and Palazzo Veneziano.

July – Val Resia

FESTA DELL'AGLIO DI RESIA STROK

The king of the festival is red garlic, an agricultural product of the Val Resia, renowned for its reddish skin and its special mild aroma. Grown according to traditional techniques, it is planted in the month of November and harvested in the month of July. This niche product became a Slow Food product in 2004.

July – Tarvisio-Sella Nevea

NO BORDERS MUSIC FESTIVAL

In July, Tarvisio hosts some of the greatest performers on the music scene. Over the years, the festival has become increasingly important as an international music event. The aim is to convey a message, through music, of peace and friendship that overcomes geographical and linguistic barriers.

July – Pontebba

FEN ART

Straw and hay, a mix of colors and scents, give life to fantastic sculptures created by the most important international and global artists.

August – Tarvisio and Malborghetto-Valbruna

KUGY MOUNTAIN FESTIVAL

The film festival is intended for all those who love the mountains and their various aspects, from sports to history and culture: the spotlight is therefore not only on forests, mountaineers and alpine peaks but also and, above all, on the men and women who, with their way of life, their history and memories, enliven and experience the mountain valleys every day.

August – Tarvisio

ALPENFEST

An important festival to celebrate the brotherhood between the peoples of the three borderlands, with a parade of about 600 people

wearing traditional costumes from Austria, Slovenia. The alpine village offers food and wine stalls and tasting points, entertainment along the Ciclovía Alpe Adria, and traditional music and dances to enliven the August national public holiday in Tarvisio.

August

BAITE APERTE IN VAL BARTOLO (CAMPOROSSO)

You can visit the old alpine huts along the natural path of the valley and observe their special architectural details, admire the surrounding nature and taste the local products and homemade dishes offered at the typical Baite. In the afternoon, games are organised for children, whereas adults can test their skills in team games. Much more entertainment is provided accompanied by folk music.

August – Tarvisio

FESTA DELL'AMICIZIA

The festival of friendship between Italy and Austria on Mount Goriane, held on the first Sunday in August.

August – Val Resia

KNIFE GRINDER FESTIVAL AND ŠMARNNA MIŠA

A weekend when all the knife grinders from Val Resia gather to show off their skills. There are lots of activities and workshops to discover this ancient craft. Šmarnna Miša is the most important religious festival of the year: the High Mass in honor of the Assumption of Mary, to whom the parish church of Prato di Resia is dedicated. Activities promoting local culture and a traditional market selling local produce and crafts.

September

FESTA DEI TRE CONFINI I – A – SLO

The festival of friendship between Austria - Slovenia - Italy, held every second Sunday in September. Folklore and food at the point where the boundaries of three countries meet. Getting there: from Italy by car (from Fusine) and then continue on foot for about 45'; from Austria on the Arnoldstein chairlift and then continue on foot for about 30'.

September – Ugovizza

FESTA DELLA TRANSUMANZA DELLA VAL RAUNA

At the end of September, all the beloved cows of the Alpe di Ugovizza are taken down the valley to celebrate the summer season that has just ended.

October - Resiutta

FESTIVAL OF AGRICULTURE

Exhibition and tasting of the best agri-food products. Tasting and gastronomy in the streets of the village; guided excursions, traveling music; Charity Fishing with plants, flowers, and seeds all accompanied by entertainment.

November/December - Malborghetto-Valbruna **ADVENT PUR**

A romantic trail through the woods of the Valbruna plain, among trees and wooden huts where you can sip hot drinks and enjoy some sweets, listen to Christmas music, or simply admire local handicrafts.

December

SAN NICOLÒ AND THE KRAMPUS

“At nightfall on December 5th, in the sharp air, strange sounds of bells can be heard and, in the distance, a disturbing procession appears; surrounded by smoke and bright torchlights, the fearsome Krampus accompany St. Nicholas in his carriage”. This evocative and ancient tradition takes place, with some variations in the date, in all the villages of the valley.

December – Stolvizza di Resia

NIGHT OF CHRISTMAS EVE

In Stolvizza di Resia, during the magical night of Christmas Eve, an enormous illuminated star will descend from Püsti Gözd to announce the most wonderful celebration of the year. When the star arrives, the evocative living nativity scene will come to life, accompanied by a concert of Christmas carols. The event will also be repeated on December 26 and January 5.

December – Moggio

CHRISTMAS IN MOGGIO

Visit the streets of the village Christmas market with craftsmen, hobbyists and food and wine products; tastings of Brovadâr (turnip stew) and the gourmet products of the parks of the Pre-Alps and Friulian Dolomites. Organised activities, workshops and small animals, all for children.

ONE APP, ENDLESS POSSIBILITIES

All the trekking and cycling routes, with useful information and suggestions for your excursions within reach of your smartphone. With the **FVG OUTDOOR app** you can discover an entire territory through the eyes and advice of those who live it. Whether you are an expert cyclist or a novice hiker, a lover of picturesque villages or of unspoilt nature, on our interactive map you will find everything you are looking for... and more.



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A23 Palmanova/Udine/
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A28 Portogruaro/
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A27/A4 Trieste/Belluno

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www.triesteairport.it
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120 km from Lubiana

BY TRAIN

www.trenitalia.it
www.italotreno.it

BY BIKE

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