

**Friuli Venezia Giulia,
*a little compendium of the universe***

If the aim of an extended Europe is to be *united in diversity*, then Friuli Venezia Giulia has got there before it. In an Italian region set among the peaks of the Alps, the waves of the Adriatic Sea, the summits of the Dolomites and the Collio hills, the Italian, Slavic and German cultures meet in a sort of kaleidoscope of traditions, languages and religions.

Nearly 8,000 square km of blue sea, gentle hills and unspoilt mountains form the contours of a nerve centre of European geography at the crossroad of people and history, a land that rewards the visitor with its richness and that never fails to surprise, no matter what the point of view is.

DISCOVER FRIULI VENEZIA GIULIA **[LIVE]**

A sea of wellbeing for the whole family A coast outlined by golden sand and white cliffs

From the golden **Adriatic** beaches of Lignano and Grado, with their shallow and sandy seabed, to the rocky inlets of the Duino nature reserve, where vertical cliffs drop sheer into the waves. Relaxation, safety and fun, but also the charm to gain new experiences, to get close to nature and to live life to the full. Friuli Venezia Giulia's sea contains many offers in one. It is ideal as tourist destination for families thanks to its certified facilities and a welcome programme which has been specially created to meet the needs of children and of their parents; at the same time, the summer in Friuli Venezia Giulia throbs to the exciting beat of the glamorous Lignano Sabbiadoro; or it relaxes in the silence and serenity of Grado's lagoon and sandbanks; or it breathes the rhythms of the fishermen in Marano Lagunare. This curve in the coastline takes in 130 km of land lapped by the **Adriatic Sea**, providing visitors with a wide range of seaside resorts.

Lignano Sabbiadoro – which Ernest Hemingway called "*Italy's little Florida*" – is the summer entertainment capital of North-East of Italy. The combination of traditional sparkling nightlife with fashionable shops and boutiques makes Lignano a favourite tourist destination for young people and shopaholics. Synonymous with 24/7 *joie de vivre*, Sabbiadoro, together with **Lignano Pineta** and **Lignano Riviera** creates a vibrant world of sports and health-giving activities. Together with a well-planned, a lively entertainment programme and Wi-Fi internet access, the beaches are home to swimming, windsurfing and canoeing schools, water gym and lessons in gentle gymnastics. The offer of accommodation facilities, which include special services for families, the wide range of entertainment opportunities, which comprise six different theme parks, and a Health Spa as well as the coast itself – **8 kilometres of golden sand** and a calm shallow sea – make Lignano the perfect holiday destination for the whole family.

A spa town favoured as the summer resort of Austro-Hungarian Emperors: along with the natural beauty of its lagoon and an exceptional microclimate ensuring a permanently sun-drenched coast, **Grado** can be proud of the considerable beneficial effects of its sands and iodine-rich air, as well as of the **Italian record of Blue Flags** awarded. There is no chance that the town's image is often associated with its **spas** and its **thermal water park**, a true jewel open to display an 85-metre ergonomic swimming pool, equipped with whirlpool, waterfalls, thermal tubs, springboards and water games. Take a stroll in the elegant streets of the town centre, a real gem of Venetian architecture, a maze of narrow and charming alleys and *calli*, where you will find the best of the local food and wine tradition.

There is something for nature lovers and more adventurous visitors too: the steep rugged cliffs of the Karst coast. Why not enjoy the splendid panorama as you perch high on the twisting coastal road that leads to **Trieste**? In summer, the whole shoreline teems with life in a swarm of small bathing establishments. The one that stands out in the city centre is the *Pedocin*: the only beach in Europe with a wall that **separates women from men**, a legacy of the Austro-Hungarian era.

Not to be missed

- ✓ **Muggia**, the only Istrian-Venetian town that is still Italian, can boast the remains of an ancient Roman settlement. The old town centre, crossed by the typical narrow *calli*, stages one of Italy's oldest carnivals.
- ✓ Those who like sailing can be sure of finding the perfect holiday in Friuli Venezia Giulia, with its **23** fully equipped **marinas** and a total of **15,000 berths**.
- ✓ A visit to the **Nature Reserves of Marano Lagunare and of the Stella river mouth** offers a number of ways to learn more about nature, from open-air activities (e.g. birdwatching) to workshops inside the aquaria.



Casoni huts in the lagoon



Lignano beach



Horses on the beach



Grado, aerial view

The freedom of borderless skiing without stress

140 km of slopes for safe and peaceful skiing

Would you like to combine skiing with the thrill of battling against the wind on a sled pulled by a team of dogs? The mushing school in Tarvisio will welcome you with open arms. Do you dream of making an entrance on the dazzling stage where the great skiing champions show what they can do? Then Ravascletto-Zoncolan will be right up your street. Would you like to plunge into a world overflowing with snow activities especially designed for young people? If you choose Piancavallo you'll be glad you came. Or do you maybe prefer a carriage ride? **Sauris** is your ideal location, even to take your first steps on the snow and experience the Albergo Diffuso hotel. Wherever your fancy lies, Friuli Venezia Giulia can offer a destination to grant your wishes, offering an all-round holiday with much more than simply skiing.

Friuli Venezia Giulia means totally **safe skiing without overcrowding** in the five regional ski areas with about **140 kilometres of slopes**. An enormous range of choices with something for everyone, no matter how well you can ski, and with guaranteed snow thanks to artificial snow-making. Another **100 kilometres of cross-country ski circuits** through magical scenery provide even more variety. **You can ski in Italy and Austria with a single ski pass**, and have the same charming experience between **Italy and Slovenia** as well, thanks to the cross-border link between the Friulian ski area of Sella Nevea and the Slovenian ski area of Bovec: across Mount Canin the passion for snow is really borderless! With the **FVG Card**, the pass-partout to discover the region, even good value for money is guaranteed: card holders can use the ski-lifts to the **Lussari Sanctuary** and to **Mount Canin free of charge**, they can go walking on the snow in the Tarvisio area, in Carnia and in Piancavallo using the characteristic "ciaspe" (snowshoes) and obtain a discount when buying the multi-day ski pass. Finally, **free ski pass for children** up to 8 years old and for the over-75s.

Five resorts, a thousand things to do

- ✓ **Tarvisio: 80 hectares** of permanently snow-covered slopes. Make sure you don't miss Di Prampero, a 4-kilometre run with a breathtaking view, or the Paruzzi Arena in Tarvisio Città, the cross-country skiers' paradise. Here you can practice Alpine and Nordic skiing or you could try your hand at the local **dog sledding school**.
- ✓ **Sella Nevea**: ideal for springtime skiing thanks to its **high altitude slopes** between 1,200 and 2,300 metres. Permanent site of the European Cup competitions with a slalom arena that is one of the best for this sport. It hosts the Ski Centre for the Italian Skiing Federation (FIS) for competitions. Due to the recent enlargement skiable area has been increased by 30 km thanks to the new link with the ski area of Bovec in Slovenia.
- ✓ **Forni di Sopra**: a romantic corner in the Dolomites included in the famous **Dolomiti Nordic Ski** cross-country ski circuit, it provides a snow park, sledging, ice-skating, ice-climbing and is a perfect destination for **families**. In 2011 was opened the new wellness centre with sauna, Turkish bath and swimming pool with an acrobatic water slide for the children's fun.
- ✓ **Ravascletto-Zoncolan**: set in the wonderland of the Carnic Pre-Alps, with **60 hectares** of slopes that reach an altitude of 2,000 metres. Among the various attractions available, the most outstanding is the **Snow Park Arena Free Style**, with a sensational boarder-cross and ski-cross track. All this to the rhythm of music!
- ✓ **Piancavallo: 50 hectares** of ski slopes with a crowning achievement: a large **snowpark** where you can put your half pipe, jumps and rails to the test as well as a freestyle area and the **fun bob**, which is a bobsleigh on rails which is launched on a breath-taking descent from 1500 m of altitude nose-diving on a 15% slope. Moreover, ski touring, ice skating, **snowshoeing**, **snow tubing**.

Did you know that...

- ✓ The rich calendar of winter activities suits everyone's taste and proposes snowshoe tours, starry walking, carriage rides and tours with all levels of difficulty. **Free with the FVG Card**.
- ✓ The regional hockey team, Aquile del FVG, trains at Pontebba's ice-skating rink.
- ✓ In **Claut**, besides the **ice-skating** and **curling rink**, there is the **Ice-park**, an ice-climbing tower.
- ✓ Skialp Piancavallo: **ski touring timed virtual competition** in Piancavallo.



Ski slope



Sanctuary of Mount Lussari



Carriage ride



Dog sledding

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Jewels of art

The thousand facets of art at the border between the East and the West

Elegant and decorous, proud of their beauty but never exhibitionist, the cities of Friuli Venezia Giulia travelled the globe, listened to foreign languages and met distant cultures and religions. To see this, you just need to stand in Piazza dell'Unità d'Italia and look at the Audace pier in Trieste, where the first Italian ship docked on 3rd November 1918, symbolising the annexation of Trieste to the Kingdom of Italy, although the city had to wait until 1954 to finally become Italian; or you might choose to walk in the colourful square outside the Transalpine Railway Station in Gorizia, with one foot in Italy and the other in Slovenia. For centuries Celts, Romans, Huns, Lombards, Venetians and Austro-Hungarians passed through these places and all left an indelible mark that mingled with local traditions. Thus Trieste “dressed in Hapsburg clothes”, Udine became home of Tiepolo, Gorizia was called the “Austrian Nice” and Pordenone alternates between Roman, Baroque and Gothic influences and hosts in its province Sacile, the “Garden of the Serenissima Republic of Venice”. Discovering Friuli Venezia Giulia’s art and cultural treasures has never been easier and better value with the **FVG Card**, the destination card which allows holders to **enter the museums** in the cities of art **free of charge**, as well as to take part in the TurismoFVG **guided tours**.

After Trieste’s primacy in 2005 and 2009, in the 2011 besides the regional capital, also Udine, Pordenone and Gorizia, are to be found among the first 30 Italian provinces as for the **quality of life** on the national list drawn up by *Il Sole 24 Ore*.

Set in an unrivalled corner of the world, between the white of the Karst landscape and the dazzling blue of the northernmost edge of the Adriatic Sea, **Trieste** has always been a vital meeting point between the East and the West. The city that for centuries belonged to everyone and to no one still has the cosmopolitan, cross-border soul of a place where different cultures, languages and traditions can get together.

Udine, the elegant and convivial city, where the refinement of the architecture is linked to the rustic charm of the *osterias*, is the jewel-box- city of Tiepolo, the last great painter of the Venetian school. The artist, who spent the most productive period of his career in the capital city of Friuli, left in Udine a number of masterpieces, many of which are on view in the Archiepiscopal Palace and others can be seen in the Cathedral and in the Gallery of Historic Art in the castle that overlooks the old town centre. Thanks to the visits organized by TurismoFVG, bicycles will be the most suitable means of transport to discover the artistic highlights of the town.

If Trieste reflects its ancient role as the region’s trade emporium, **Gorizia** has always been the real “melting pot” of Central Europe. It was here, at the crossroad of three European cultures – Latin, Slav and German - that the last fence of the Cold War between Eastern and Western Europe was torn down in 2004.

Pordenone is an elegant town that enchants with its charming old historical centre, a real mosaic of 16th century palazzos, Romanesque churches, porticoes, frescoed façades, Gothic and Baroque buildings. A stroll under the prestigious arcades of the *Corso* or a visit to the museums or to the temporary exhibitions will let you discover the local history and culture.

Suggested visits

- ✓ **Miramare Castle**, fairy-tale residence of the Archduke Maximilian of Habsburg and Charlotte of Belgium.
- ✓ Take the literary trail: the streets and places that inspired great masterpieces by **Italo Svevo**, **Umberto Saba**, **James Joyce** and **Veit Heinichen**.
- ✓ Explore the characteristic **cafés of Trieste** and enjoy an ancient Central European tradition.
- ✓ Visit the **Grotta Gigante (Giant Cave)** in Sgonico, Europe’s largest tourist cave (free with the FVG Card).
- ✓ Go for an unforgettable ride on the **Opicina Tram**, the historic cable tram dating back to 1902.
- ✓ Follow the **religious routes** – from the Jewish districts to the ancient traces of Islam and the Orthodox Churches – that will take you from Gorizia to Trieste, Udine, San Daniele and Gradisca.
- ✓ **Gorizia’s medieval castle** and **Provincial museums**. Admission free with the FVG Card.



Miramare Castle – Trieste



Piazza Libertà – Udine



Medieval Castle - Gorizia



Town Hall - Pordenone

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Natural flavours and aromas

A kaleidoscope of flavours and 80 million bottles of top wine

From *boreto a la graisana* to *frico friulano*, by way of *cjarsòns carnici*. If three great culinary trends – **Central European, Venetian and Slav** – meet in a cuisine that is “made in Friuli Venezia Giulia”, the typical regional flavours come to the fore in a wealth of recipes guaranteed to whet any appetite. Thousands of tasty morsels from an incredible variety of terrains, environments and climactic conditions, because here the ingredients are so pure, natural and local that every dish is unique. Friuli Venezia Giulia is the ideal destination for gourmets and wine tourists, it is a land rich in tasting tours from the mountains to the seaside. Land, cuisine and history have combined to add a unique touch to the regional food and wines. The **cuisine of Trieste and Gorizia** falls midway between the Hapsburg and Slav traditions; that of the **Carnia** area is based on herbs, fruit and mushrooms, while in **Friuli** you can enjoy genuine and tasteful products. Nor must one forget fish and seafood, which is so abundant in this area. The coast roads are dotted with bars and small restaurants offering local dishes based on freshly caught fish and shellfish. And what can we say about Friuli Venezia Giulia’s wine production? Land of **top white wines** with **eight DOC** (Registered Designation of Origin) **zones**, **two DOCG** (Controlled origin denomination) **zones** and two **interregional DOC zone**, 1,500 vineyards producing **80 million bottles** a year, with names renowned worldwide, including the two true gems, **Ramandolo** and **Picolit**. Not to forget is also the **Friulano**, the wine symbol of the regional territory.

Friuli Venezia Giulia certified products

Agri-food products - DOP: Montasio cheese, San Daniele raw ham, Tergeste extra-virgin olive oil, Salamini Italiani alla Cacciatora, Julia Apple and brovada; Sauris ham (**IGP**), smoked trout from San Daniele, grappas, honey, the Asino cheese. **8 regional Slow Food Presidia:** the *formadi frant*, the *garlic from Resia* or *Strok*, the *radic di mont*, the *pestât*, the *patina*, the *pan di sorc*, the *red onion of Cavasso* and the *rose of Gorizia*. **DOC Areas:** Carso, Colli Orientali del Friuli, Collio, Friuli Annia, Friuli Aquileia, Friuli Grave, Friuli Isonzo, Friuli Latisana; interregional DOC: Lison Maggiore and Prosecco. **DOCG:** COF Picolit and Ramandolo.

Typical dishes and products

- ✓ **Trieste:** *jota* (soup made of beans, potatoes and white cabbage), *gulasch*, apple strudel, *presnitz* or *cuguluf* (ring-shaped pastry and cake of Viennese origin), but also large sardines breaded and fried, *ribaltavapori*, Trieste-style salted cod, *scampi alla busara* (a piquant dish with wine, onion and parsley), *mussoli* clams, *dandoli* (date mussels), *sarde in savôr* (sweet and sour sardines), Trieste cooked ham, cave cheese (Jamar), Karst ham. Not to be missed are the typical *bolliti* (boiled meat) or a break in the *osmizzas* (wine-tavern) on the Karst plateau.
- ✓ **Gorizia:** potato gnocchi with plums drizzled with melted butter, cinnamon and a little sugar, *patate in tecia* (potatoes sautéed with onion), *kaiserfleish* (smoked pork loin scattered with grated fresh horseradish and served with sauerkraut), the *rosa di Gorizia* radicchio, the raw ham from Cormòns.
- ✓ **Udine:** *frico* (crunchy delicacy based on flaked mountain cheese and potatoes), *musèt e brovada* (spiced pork sausage with turnips marinated in must), *gubana* cake, white asparagus from Tavagnacco, white truffle from Muzzana del Turgnano, raw ham from Sauris (slightly smoked).
- ✓ **Pordenone:** *peta*, *pitina*, *petuccia* (cured meats produced with game, ewe’s meat or mutton mixed with beef and kneaded with red wine, a pinch of salt, pepper, tubular water dropwort - known as *caren* in local dialect - or other herbs) and the Asino cheese (typical of Clauzetto, Vito d’Asio and Spilimbergo), the *FigoMoro* fig from Caneva, the potatoes from Ovoido and the Biscuit from Pordenone.

Dishes from the sea: *boreto a la graisana* (fish soup served with white polenta), squids in their own ink, *sievoli sotto sal* (grey mullets preserved in salt for two or three months).

Dishes from the mountains: *cjarsòns* (ravioli with a contrasting sweet and savoury filling), *savôrs* (a special dish of chopped vegetables). Worth trying too is *sot la trape* (a particular kind of cheese marinated in marc).



San Daniele hams



Seafood dish



Vineyards



Montasio cheese

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Discovering the secrets of the countryside

Rural villages, local products and ancient crafts for a holiday that will never bore you

For those who are curious, for those who are particularly dynamic, for anyone who wants to pack a multitude of experiences into a single holiday, this is the place to go to, in a territory crossable North-South and East-West in an hour of driving. The wealth of different landscapes and microclimates captured between the mountains and the sea is complemented by a full programme of events and endless opportunities to satisfy your taste for exploration. There is a whole world to discover that will tempt your fancy: food and wine tours, crafts that have never been lost, archaeological remains, rural and mediaeval villages, hidden castles, waterside tracks and ancient mills, historical re-enactments, timeless rituals, even witches' paths. Moreover, the discovery itineraries are easier and even better value with the **FVG Card**, Friuli Venezia Giulia's destination card, which offers a wide range of **discounts and free entries** to be used on the services and tourist attractions throughout the region.

Friuli Venezia Giulia has its own special kind of hospitality, too. A wide range of alternative accommodation facilities enables to plunge into authentic rural life. For instance, you might choose to stay in one of the **Alpine shepherds' huts**, with the chance to lend a hand with cheese-making; or you might like to stay on one of the **holiday farms**. Amongst the alternative kinds of accommodation you can find bed&breakfasts as well as "**Albergo Diffuso**" – a innovative concept of accommodation developed in Friuli Venezia Giulia - that lets you combine the service of a hotel with the freedom of a holiday apartment. Visitors stay in ancient houses in small towns or villages, which have been perfectly restored, decorated and equipped in the typical mountain tradition, but with access to all the services of a hotel, all this at extremely competitive prices. Friuli Venezia Giulia's Bed&Breakfasts have a renewed quality system that allows to accommodate, at the same facility, groups of maximum eight people. Tourists may choose among three categories: "standard", "comfort" or "superior".

Places and traditions worth discovering

- ✓ **Aquileia**, a metropolis of the Roman Empire, is a real open-air archaeological museum, a UNESCO World Heritage Site.
- ✓ **Spilimbergo**, the capital of **mosaic art**. It offers courses at the prestigious Mosaic School of Friuli.
- ✓ **Sacile**, the "**garden of the Serenissima Republic of Venice**", split between two islands linked by bridges and canals.
- ✓ **Palmanova**, the ideal fortress town enclosed by a 9-pointed star fortifications, a National Monument.
- ✓ **Villa Manin** of Passariano, a well-known Venetian residence where Napoleon signed the Treaty of Campo Formio. Today it is a renowned venue for international exhibitions.
- ✓ **Cividale del Friuli**, the **capital** of the first **Lombard Duchy** in Italy, whose itinerary is today UNESCO World Heritage.
- ✓ **Palù di Livenza** one of the oldest pile-dwelling sites in northern Italy, listed as a UNESCO "Prehistoric pile-dwelling site in the Alps".
- ✓ **Poffabro, Cordovado, Fagagna, Clauiano, Gradisca d'Isonzo** and **Valvasone** are included among the most beautiful Italian villages.
- ✓ **Forni di Sopra, Raveo, Sauris, Sutrio, Ampezzo, Camino al Tagliamento, Comeglians, Erto e Casso, Lauco, Ovaro, Prato Carnico, Preone, Ravascletto** and **Socchieve** are included in the "Borghi autentici d'Italia" (Authentic towns of Italy) network, places where you can experience genuine feelings.
- ✓ **Val Resia**, where language and traditions have remained unchanged for almost fifteen centuries.
- ✓ **The land of castles in the Friuli's hilly area**, steeped in history and strewn with ancient manors.

Connoisseurs corner

- ✓ **Looking for osmize on the Karst**: private houses of winemakers, where it is possible to taste typical local dishes (own production). How to find them? Keep your eyes on the branch (frasca)!
- ✓ Test your palate on a **food and wine tasting tour** along the roads of wine and flavours.
- ✓ **San Daniele del Friuli**, the land of prosciutto (cured ham) with a claim to the largest number of tasting centres in Italy. The town's splendid historic centre includes the oldest public library in Italy.
- ✓ Typical delicacies from **Cividale**: salami flavoured with garlic, or cooked in vinegar with onion, and gubana, a pastry made to an ancient recipe, with a filling of dried fruit, candied peel, and spices.



Strassoldo Castle



Millwheel close-up



Rocca Bernarda



Giant Cave

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Nature at its purest

16,000 hectares of lagoon, 3 parks and 13 nature reserves in an unspoilt natural world

Friuli Venezia Giulia will show you what it's really like to be in protected, unpolluted surroundings. There's not just one, but many places where time seems to have stood still: parks, lagoons, nature reserves, mountains where silence reigns supreme. If you long to be totally immersed in nature, then Friuli Venezia Giulia is exactly the right place for you.

The perfect peaks reaching skyward from the **Friulian Dolomites**, which have recently been listed as a **UNESCO World Heritage Site**, and the **Julian and Carnic Alps** form the ideal frame for the lush green valleys in between. Acting as the region's natural frontiers, the Alpine chains preserve pearls of rare beauty, such as **Sauris**, a symbol of the excellent food and wines of Friuli, or the **Resia Valley**, where the language and traditions of an ancient Slavic race have survived in an unspoilt environment since the 7th century. Or the **Tarvisio area**, where three natural and cultural borders meet and enclose startling summits that climbers from all over Europe long to conquer. But if you descend from the mountains to the sea you will discover the **Grado and Marano Lagoons**, a splendid landscape teeming with biodiversity, a stretch of **16,000 hectares**, where it is possible to find the *casoni*: simple shelters that in the past were used by the lagoon fishermen. For those who love all forms of nature, Friuli Venezia Giulia offers 3 Natural parks, as well as about twenty types of habitats and **13 nature reserves**.

From a rushing, tumbling mountain stream to the unhurried thrill of a climb, **there's always a new emotion to stir you**. In Friuli Venezia Giulia nature and sport are two inseparable words. If you're someone who's always on the go, FVG is your launch pad to rock climbing, trekking, mountain climbing, paragliding, gliding, mountain biking, horse riding. In fact, there are many facilities equipped with manège from which one can leave for a ride along itineraries conceived to discover the most charming places of the region riding one's horse. For two-wheel lovers, TurismoFVG offers a rich **carnet of itineraries** both for road bike and **MTB**. With the **FVG Card** you can also take part in summer and winter **guided tours** which are **free of charge**. Using the destination card, holders can travel on **maritime transport** in **Grado and Lignano** with a 30% discount.

Not to be missed

- ✓ **Fusine Lakes**, superb expanses of water set in the kingdom of deer, roebucks, lynxes and bears.
- ✓ The **Tarvisio area**, where you can combine local cuisine, extreme sports and nail-biting excursions.
- ✓ **Carnia**, an enchanted area of pastures, age-old forests and ancient crafts.
- ✓ The **sandbanks**, peculiar tongues of sand emerging from the lagoons in **Grado and Marano**.
- ✓ **Miramare Marine Reserve**, the oldest in Italy, where you can go diving with a guide.
- ✓ **Barcis Lake** and the **Campanile di Val Montanaja**, the symbol of mountaineering in the Friulian Dolomites.

Sport and discovery in a nutshell

- ✓ **By bike** along many regional itineraries, from the Alps to the Sea and from the Dolomites to the Collio.
- ✓ **A trekking tour** of the Alpine shepherds' huts connected by trails which suit various levels of ability.
- ✓ **Bird watching** in the Grado and Marano lagoons. From the thatched stone houses to the protected reserves, you'll find a whole avian world: **320 different species** amounting, at certain periods of the year, to as many as **100,000 specimens**.
- ✓ The **Montanevie**: a bike itinerary that stretches along the first mountain strip of the province of Pordenone, among uninterrupted forests and terraces on which towns and small villages lie, real gems of spontaneous architecture.
- ✓ A new **houseboat** base in Precenico, to discover the Marano and Grado lagoons and the deep historical and cultural link between land and water, which characterized the local civilizations, from the first Roman settlements.



Piancavallo



Cycling tour



Trekking



Autumn path

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Living history

From the Ancient Romans to the Cold War: history was made here

Put yourself in the shoes of a legionary on watch among the pillars of the Roman forum, brandish a double-edged sword left behind on the battlefield by the Lombards, discover traces of the Cold War's Iron Curtain. Or walk along paths trodden by a young German officer called Rommel, crawl among the trenches that inspired the poet Giuseppe Ungaretti and search for the dungeons of a fortress in the midst of powder magazines, gun batteries and tunnels. In a region peppered with **battlefields** and places where history was made, the past is truly in the air.

Friuli Venezia Giulia is deep in the heart of Europe, but it is also open to the Adriatic. Its strategic position has often made it the centre of great conflicts and the site of some of the most significant moments in history. It was here that the ancient Romans built the fourth town of Europe, **Aquileia**. The Lombards, who were at one and the same time warriors and craftsmen, horsemen and goldsmiths, shaped the land and built a metropolis called Forum Iulii – now **Cividale** – from which the name Friuli is derived. Later, the area became the favourite playground of the Hapsburg Empire. In more recent times, some of the most crucial episodes of the First World War took place in Friuli Venezia Giulia.

World War I

The bloody battles of the Great War branded this region with fire. It was not only a frontier, but also the deciding factor in Italy's victory or defeat. From Carnia to Isontino, from the Natisone valleys to Trieste's Karst area, Friuli Venezia Giulia is an enormous open-air war museum. It is no chance that Udine was the military capital of Italy from 1915 to 1918. There are many historic sites that will stir your emotions, like the **Memorial in Redipuglia**, where the remains of 100,000 soldiers who fell in the war are laid to rest, or the **First World War Museum in Gorizia**. Then, too, there is a full series of events and thematic programmes, ranging from historic reconstructions to tours exploring places of interest.

Historic heritage

Thanks to its encounters with the races and cultures that have crossed its territory, Friuli Venezia Giulia offers a tapestry of places and historic remains of immeasurable value. For example, the **Lombard temple in Cividale**, or the art treasures of **Aquileia** – a UNESCO World Heritage archaeological site – including the mosaic floor in the basilica, the largest in Europe, and **Venzone**, a fortified town, which has been declared a national monument.

Not to be missed

- ✓ The **First World War Theme Park**: open-air museum in Monfalcone.
- ✓ **Osoppo and the First World War Museum of Ragogna**: for connoisseurs. Admission free for FVG Card holders.
- ✓ The **War Memorial at Redipuglia**, a huge monument that looks like an army on parade, where the remains of 100,000 soldiers who fell during the war are laid to rest.
- ✓ The **Risiera di San Sabba**, was a Nazi concentration camp in Trieste, now is a National Monument.
- ✓ The **Foiba di Basovizza**, National Monument symbol of all the atrocities perpetrated at the end of WW2 by Yugoslav partisans.
- ✓ The impressive **Tagliamento line of defence**, scattered with ruins and blockhouses.
- ✓ **Alpe Adria Militaria**, an exhibition of historical-military objects.



Fortifications



War Memorial at Redipuglia



Trench



Archive photo

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A golfer's paradise

Seven 18-hole golf courses. Play your way from the mountains right down to the sea!

Seven courses nestling in the midst of beautiful scenery, surrounded by ever-changing but still totally unspoilt nature in a climate that is gentle in every season. From the water-rimmed greens in Grado and Lignano, to the wooded mountains in Tarvisio, from the gentle slopes of the hill district to the vineyards and castles around Gorizia. No matter which course you choose, golf in Friuli Venezia Giulia has the extraordinary taste of exploration and challenge.

In a region where mountains, sea and hills cluster together in just over 100 km, 7 golf courses and a 9-hole practice range evenly distributed across the whole area enable you to immerse yourself in an abundant variety of incredibly beautiful natural settings. Friuli Venezia Giulia is also the leader of **Italy Golf&More** project, a golf promotion programme among seven regions (Emilia Romagna, Liguria, Lombardy, Apulia, Sicily, Veneto) and FIG (Italian Golf Federation), which aims at enhancing the national golf circuits, by combining sport with other activities, such as food and wine tours, guided visits to famous art cities, tours, horse-riding, rural tourism and much more.

- ✓ **Lignano Golf Club:** 18 holes (6,301 m, par 72), studded with lakes and bunkers but suitable for all. Practice range with 9 covered tees, putting green, pitching green, guestrooms, pro shop, changing rooms, bar, restaurant, hotel, electric golf carts, gym, beauty parlour.
- ✓ **Grado Golf Club:** 18 holes (5,746 m, par 72), famous for the many water obstacles and the lagoon in the background. The club, situated on the splendid Primero Estate, has chipping and putting greens, driving range with 12 covered tees, pro-shop, golf bag and trolley hire, clubhouse, bar, restaurant and changing rooms.
- ✓ **Trieste Golf Club:** 18 holes (5,810 m, par 70), a course with level-seeming but tricky greens and an unpredictable wind called *bora*. The clubhouse is equipped with changing rooms, video room, green tables, bar and a highly recommended restaurant. The club also has a driving range with 10 covered tees, a pitching green and a putting green.
- ✓ **Castello di Spessa Golf Country Club:** 18 holes (5,470 m, par 71), deep in the rustic scenery of the Collio vineyards, it is provided with a **Club House**, changing rooms, a floodlit practice range, pro shop.
- ✓ **Udine Golf Club:** 18 holes (6,088 m, par 72), for a course designed by the shady cherry trees and the gently rounded hills. The adjacent clubhouse has bar, tea-room, restaurant, TV and meeting lounge, pro shop, changing rooms, golf school and practice range.
- ✓ **Castel d'Aviano Golf Club:** 18 holes (5,980 m, par 72) in the midst of centuries-old parkland. Equipped with bar, restaurant, pro shop, tennis court.
- ✓ **Tarvisio Golf Country Club:** 18 holes (5,693 m, par 69) designed by the well-known Canadian architect Graham Cooke. Wide fairways on the Alpine plateau, spacious greens and treacherous bunkers. Bar, restaurant, changing rooms, driving range with covered tees, putting green, chipping green, practice bunkers, trolley hire, five-a-side football pitch, baby-sitting service, heliport, riding school.
- **Friuli Golf Club:** 9 holes (1,489 m, par 30), great for those who like to get started. Driving range, pitching & putting greens, bunkers, floodlit course and putting green, clubhouse, bar, restaurant, guestrooms, pro shop, swimming pool, tennis court.



Castello di Spessa Golf Club



Taking a swing



Grado Golf Club



Close-up

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Wellbeing for body and soul
Rejuvenate yourself like the Emperors did

By choosing Friuli Venezia Giulia you have the chance to immerse yourself in an oasis of wellness and body care. By combining centuries-old traditions of thermal baths and herbal skills with a vast range of innovative techniques, the region's three spa centres promise to transform your holiday into a relaxing and rejuvenating experience such as you have never experienced before. Moreover, with the **FVG Card, aesthetic and beauty treatments** offered by the Grado and Lignano health spas are **discounted by 30%**.

The ancient Romans were the first to discover the healing effects of the mineral waters that from the Pudia source supply the **Spa of Arta Terme** (Udine). The spa's location in the midst of unpolluted nature and the mild mountain climate are particularly favourable to renewing exhausted energy and, at a low altitude (only 420 metres above sea level), Arta has pure, balsamic air: the best possible combination of conditions for a healthy holiday. The curative powers of this precious source are perfect to combat respiratory affections, liver and skin diseases, arthritis and arthrosis. While Arta awaits completion of its third pavilion – which will house an extensive wellness centre with pool, sauna and relaxation area – the **Aquadea Wellness Centre** is open for you to enjoy: a large complex with beauty, slimming, wellness, aesthetic medicine, solarium and holistic aroma therapy sections.

Saline and thermal waters and sand baths are the strong points of the **Wellness Centre in Grado** – the most fashionable spa resort during the Hapsburg Empire - famed for the extraordinarily beneficial properties of the available natural elements. Rich in micro-organisms and mineral salts, Grado sands are a panacea for all kinds of rheumatic illnesses, problems with the joints, and an aid to rehabilitation. But there is far more than sand. The jewel in the crown of this vanguard structure is the **Thermal Water Park**, which offers **FVG Card** holders a **25% discount** on entrance fees. The facility allows guests to use the thermal water swimming pool with hydromassage and waterfall jets to tone up your body, as well as games, spring boards and a bar service within the swimming pool area. The recently renovated hot area of the Grado Spa is composed by a relaxation area, a sauna with sea fog, which using sea water is particularly good for the respiratory tract, a whirlpool and a bio sauna.

In another seaside location, but deep in age-old pinewoods facing the Adriatic, the **Lignano Sabbiadoro Spa Centre** is housed in an ultra-modern building with all the advantages of progressive thalassotherapeutic techniques and the beneficial properties of the sun-and-water formula. These seawater-based treatments are ideal for treating arthritis and, by means of nebulisation, ailments of the respiratory system. The centre also has a celebrated beauty centre which offers initial checkups and personalised treatments to combat and eliminate cellulite, stress and weight problems by applying methods that combine body care with the pleasure of being pampered.

Showcase on wellness

- ✓ **Health:** sand baths, thalassotherapy, balneotherapy, ozonized baths, water massage, solarium, inhalatory cures, kinesitherapy, mekhydro (ozone + hydro massage), colour therapy... and don't forget to try the new, Hydrocare heated waterbeds.
- ✓ **Beauty:** besides the usual treatments (facial cleansing and care, depilation, drainage, anti-cellulite), the region's centres offer skin checks, personalised slimming programmes, glycolic acid peelings, mesotherapy, reflexology, panthermal regeneration, lymphatic drainage and biostimulation.
- ✓ **Wellness:** Shiatsu, Thai, and Ayurvedic massage, aroma therapy, holistic massage, light baths, special water, stone and Tuina massages.



A picture of good health



Grado Water Park



The spa in Arta Terme



Swimming pool

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Wind and sea: a powerful combination

Where the bora blows: 130 km of coast, 23 marinas, 25 docks, 15,000 berths and 100 nautical events during the year

From the mouth of the Tagliamento to the marina of Porto San Rocco in Muggia, via long sandy beaches and the splendid Grado and Lignano lagoons, all the way to the Gulf of Trieste which has one of the most intriguing rocky shorelines in the Adriatic, Friuli Venezia Giulia stretches for a whole **130 km along the coast**. If, on the other hand, you prefer the open sea, the region's **23 marinas** and over 25 docks offer you a total number of berths which is among the highest in the Mediterranean, making this the ideal starting point for any kind of boat trip. The regional facilities offer many services, equipped moorings for mega yachts too and all kinds of entertainment and comforts.

Friuli Venezia Giulia is the perfect destination for sea lovers. Sailors or yachtsmen, beginners or old salt, when you dock in the regional marinas you have a properly organised system with the highest quality standards at your disposal. Boating enthusiasts will find **15,000 berths**, services and fully equipped moorings for **boats of all sizes**, and specialised boatyards. Friuli Venezia Giulia also means safety for yachtsmen: not only sailing on calm waters, but also having at your disposal a network of businesses and craftsmen specialized in building and repairing all kinds of crafts, from large cruisers to high-performance hulls and wooden boats, providing suitable assistance to the boat lovers who want to venture into seas frequented by **the most famous skippers who ever navigated around the globe**.

Not by chance all over the year more than **100 important nautical events** take place in the region.

Nautical events not to be missed

- ✓ **International Three Gulfs Week** – Sailing and entertainment events take place in Muggia and in the Gulfs of Izola and Portoroz in Slovenia. The week includes the “borderless” *Muggia-Portoroz-Muggia* regatta between Italy and Slovenia.
- ✓ **Vela e Vela** – an event dedicated to sailing enthusiasts that takes place in Muggia (Porto San Rocco) in April
- ✓ **Barcolana - Autumn Cup** – On the second Sunday of October the Gulf of Trieste becomes the stage for the world's largest regatta (from the point of view of the number of participants). A spectacle that fills the gulf with 2,000 boats of all sizes, from hi-tech hulls to the tiniest sailing boats. www.barcolana.it
- ✓ **Nautilia – Second hand Boat Show** – This event takes place in Aprilia Marittima di Latisana at the end of October. The special feature of this show is that the boats are in dry dock; the event brings together over 15,000 visitors and dozens of boat dealers from Italy and abroad. www.nautilia.org
- ✓ **Graisana** – Two events in one: on the one hand, the traditional regatta, on the other a date for your yachting diary. The two are linked by a rich programme of cultural and food and wine events.
- ✓ **Barcamania** – an event dedicated to leisure boating that takes place in March in Lignano Pineta. www.barcamania.org

Did you know that...

- ✓ **Trieste** is the call&home port of unforgettable **cruises** in the Mediterranean Sea.
- ✓ Enjoy water sports in Friuli Venezia Giulia! Discover the nautical village of Lignano, kitesurf in Grado and challenge the *bora*, Trieste's typical wind, sailing along the coast of Barcola; dive and explore the seafloor of the wonderful WWF Marine Reserve of Miramare Castle and of Sistiana bay.



Porto San Rocco – Muggia



Kitesurf



Barcolana



Jet ski

High-quality conferences and meetings
Dream locations certified by Federcongressi standards

When you arrive in Friuli Venezia Giulia you are in the heart of Europe. Thanks to its **strategic position**, in the centre of the Old Continent, every event can become a unique occasion and a guaranteed success. This easily accessible region served by Trieste airport, just an hour from the international hubs of Venice and Ljubljana, is the ideal destination for conference tourism.

Friuli Venezia Giulia offers a wide choice of first-class, well-equipped locations for hosting **conferences, meetings and workshops of various kinds and sizes** all over the region. Professional activities can be combined with a programme of tours, entertainment, leisure and shopping, cultural or food and wine related visits, thanks to the beauty of an area whose varied landscape – from the **Adriatic** sea to the **Alps**, from the cities of art to the countless wine cellars – is a perfect setting, whatever your requirements.

The consulting service by TurismoFVG is completely free. It provides companies, associations, meeting planners and PCOs with quality services offered by the region for the organization of events and for the acquisition and organization of conferences.

The main conference centre is **Trieste**, which was granted status as an international centre of attraction by the **European Federation of Conference Towns**, and that offers top-level and state-of-art congress venues, access to excellent hotel facilities and a proven track record of over twenty years' experience. In Trieste, the flagship is the **Stazione Marittima Congress Palace** (floor space of over **2,000 m²** with **980 seats**, 6 rooms with advanced technical equipment for scientific sessions, 5 rooms for parallel sessions and 400 m² of exhibition space), lapped on three sides by the sea and located in the city's cultural district. The largest multifunctional complex in the region is the **Udine Expo Conference Centre** (9 modern pavilions, 600 to 1,500 seats, a number of rooms adaptable into separate units, and an auditorium with 360 fixed seats). In **Grado** the modern **Conference Hall** (an auditorium with 994 seats) is ideal for large business meetings and conferences, while the **Kursaal Conference Centre** has a team of dedicated professionals operating in **Lignano**. In the west of the region the **Pordenone Expo Conference Centre** offers nine halls, able to host up to 4000 people.

The **Sales Guide** brings together **all the regional venues** that have been certified according to **Federcongressi** standards. The new publication, which also provides a list of services connected to this field as well as a series of proposals regarding possible tours which could take place before or after the convention, is meant to be an effective and unitary tool for communicating Friuli Venezia Giulia's strong points. The website dedicated to conference tourism in the region (www.congressfvg.it) is even more up-to-date.



Udine Conference Centre



Villa Manin



Verdi Theatre – Foyer Hall



Duino Castle

Enjoy FRIULI VENEZIA GIULIA's 2013 events

Food and wine events

- ✓ **Sapori Pro Loco (Local Flavours)**, 11th-12th and 18th-19th May at Villa Manin in Codroipo (UD),
- ✓ **Cantine aperte (Open wine cellars)**, 25th- 26th May, in several locations around the region
- ✓ **Aria di festa**, festival dedicated to San Daniele ham, 28th June- 1st July in San Daniele del Friuli (UD)
- ✓ **Calici di stelle (Goblets of Stars)**, 10th August in several locations around the region
- ✓ **Friuli Doc**, 12th-15th September in Udine
- ✓ **Pumpkin Festival**, 26th-27th October in Venzone (UD)
- ✓ **Ein Prosit in Tarvis**, end of November-beginning of December, in Tarvisio and Malborghetto (UD)
- ✓ **Flavours from Carnia**, 2nd week of December in Raveo (UD)

Culture

- ✓ **Dedica**, 9th-23th March in Pordenone
- ✓ **Vicino/Lontano (Close/Far) – Terzani Prize**, 9th-12th May in Udine
- ✓ **èStoria**, 24th- 26th May in Gorizia
- ✓ **Stazione di Topolò (Topolò Station)** 6th-21st July in Topolò di Grimacco (UD)
- ✓ **Pordenonelegge.it**, 18th-22nd September in Pordenone

Folklore

- ✓ **Muggia Carnival**, 7th-13th February in Muggia (TS)
- ✓ **Kiss of the Crosses**, 12th May in Zuglio (UD)
- ✓ **Sagra dei Osei (Bird Festival)**, 18th August in Sacile (PN)

Cinema

- ✓ **Trieste Film Festival**, 17th-23rd January in Trieste
- ✓ **Far East Film**, 19th-27th April/May in Udine
- ✓ **Maremetraggio**, 30th-6th June-July in Trieste
- ✓ **Sergio Amidei Prize**, 19th-28th July in Gorizia
- ✓ **Silent Film Festival**, 5th-12th October in Pordenone
- ✓ **Latin-American Film Festival**, October-November in Trieste
- ✓ **Scienceplusfiction**, November/December in Trieste

Music

- ✓ **GREEN DAY LIVE**, 25th May in Trieste (Piazza Unità) – included in the **Music&Live ***
- ✓ **KISS MONSTER TOUR**, 17th June in Villa Manin, Codroipo (UD) included in the **Music&Live***
- ✓ **RAMMSTEIN**, 11 Juli in Villa Manin, Codroipo (UD) included in the **Music&Live***
- ✓ **DEEP PURPLE**, 24 Juli in Majano (UD) included in the **Music&Live ***
- ✓ **Music Festival**, July in Azzano Decimo (PN)
- ✓ **Blues at the Villa**, July at Villa Varda di Brugnera (PN)
- ✓ **Folkest**, 1st July-1st August in various locations around the region
- ✓ **No Borders Music Festival**, July-August in Tarvisio (UD) included in the **Music&Live***
- ✓ **Udine Jazz**, July in Udine
- ✓ **Jazz&Wine for Peace Festival**, end of October in Cormons (GO)

Theatre

- ✓ **Mittelfest**, July in Cividale del Friuli (UD)
- ✓ **Alpe Adria Puppet Festival**, August in Grado and Gorizia

Sports

- ✓ **Bavisela**, 5th May in Trieste
- ✓ **Giro della Regione Friuli Venezia Giulia**, 8th – 12th May in various locations in the region
- ✓ **Giro d'Italia**, 10th stage, 14th May – Cordenons-Malga Montasio (Tarvisio)
- ✓ **Giro d'Italia**, 11th stage, 15th May – Cave del Predil-Erto (Diga del Vajont)
- ✓ **Magraid**, 14th-16th June in Cordenons (PN)
- ✓ **Rally of the Eastern Alps**, 30th-31st Aug.-1st Sep. in various locations in the province of Udine
- ✓ **Barcolana**, 5th- 13th October in Trieste

* **Music&Live** promotion: stay in Friuli Venezia Giulia and get a free ticket www.musicandlive.it

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Useful information

General Data

Friuli Venezia Giulia is an autonomous region whose autonomy was granted by a special statute in 1963. It is located in north-eastern Italy and it borders Austria to the North, Slovenia to the East, the Adriatic Sea to the South and the Veneto region to the West.

Origin of the name

“Friuli” comes from the Latin *Forum Julii*, that is to say, the Julius’s forum (dynasty of Julius Caesar or of the *gens Julia*). “Venezia Giulia” was added by Graziadio Isaia Ascoli’s suggestion, a linguist from Gorizia who proposed to replace the name by which the Austrians called the area (*Küstenland*) with the current one, recalling the Roman tradition of the *Regio X Venetia et Histria* and of the *Alpes Juliae*.

Surface area Population

7,858 sq km
1,235,808



Population per

	province	city
Trieste	236,556	208,781
Udine	541,522	99,525
Pordenone	315,323	51,512
Gorizia	142,407	35,980

Official minority languages:

Friulian	(Law of 15.12.1999, no. 482, art. 3)
Slovenian	(Law of 15.12.1999, no. 482, art. 3 - Law of 23.02.2001 No. 38)
German	(Law of 15.12.1999, no. 482, art. 3)

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