

## 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 7<sup>th</sup> 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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