

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