



Friuli Venezia Giulia's best food and wine tradition is served with the "Flavours of Special People"



The food and wine tradition of a region is an integral part of the culture of a territory and tourists can't say they know a land if during their journey they do not experience its cooking traditions and delicacies: the **Product Club "Flavours of Special People"**, an instrument that for years has been directed to the promotion and setting off of **Friuli Venezia Giulia's excellent food and wine products** and of the regional operators working in this sector, aims at providing tourists with the **genuineness of**

good regional cooking selecting the restaurants that best represent it. In 2010 **new facilities will be included** in the "Flavours of Special People" Club, which has become a real **guide to the top quality restaurants** in the region. It is a specific regulation, provided by the Agenzia TurismoFVG (Friuli Venezia Giulia's Tourist Board) and by the Accademia Italiana della Cucina (Italian Cooking Academy), to identify the characteristics that these restaurants must have, such as the minimum requirements as to guest reception, cleanliness and functionality of the premises, attention to detail and a particular **relation with the food and wine history and tradition** of the territory.

The facilities that will be included in the Club – restaurants, *trattorie*, inns with kitchen, buffets, farm holiday centres – besides having proved **quality features**, will come as no surprise even when you ask for the bill: a complete menu with hors d'oeuvre, first course, second course and vegetables, dessert, water (wine not included), **will not exceed 35 Euros**, and customers may spend even less. The Product Club "Flavours of Special People", in fact, aims at safeguarding tourists by guaranteeing an **excellent quality/price ratio**.

Even the most demanding wine tourists will enjoy the delicacies prepared at the restaurants of the Club: from the mountains to the seaside, Friuli Venezia Giulia's cooking offers dishes characterized by genuine and unique flavours, which travellers can discover while they explore the various areas of the region. In the **mountain area**, for instance, it will be possible to taste specialties such as the **cjarsòns** (ravioli with a contrasting sweet and savoury filling), the **savòrs** (delicious chopped vegetables) or the **sot la trape** (a particular cheese left to mature in marc. And don't miss the **fish specialties!** The roads on the coast are full of restaurants that propose typical dishes based on freshly caught fish and shellfish. Finally, Gorizia and Trieste have maintained a cooking tradition deeply connected to their **Central European soul**: at the town buffets, experience the influences of the Austro-Hungarian and Slav cooking by tasting the **jota** (a soup made of beans, potatoes and cabbage) and the **goulash**.



The brochure updated with the new restaurants that take part in the initiative can be requested at all the TurismoFVG InfoPoints or downloaded from the website www.turismofvg.it.

Julian Prealps, nature and high-tech. Ideas for an eco-friendly holiday



A combination of **nature** and **progress**, **environment** and **high-tech** development is far from being impossible as one might think. The **Julian Prealps Regional Park** is trying to do it with a lucky experiment, seeing in new generation technologies a new contact opportunity with nature. A **greener** and **more sustainable** contact. Touching the municipalities of **Chiusaforte**, **Lusevera**, **Moggio Udinese**, **Resia**, **Resiutta** and **Venzone**, the park covers an uncontaminated area of extraordinary

beauty stretching as far as the border with Slovenia. A real natural heritage that modern technologies can help highlighting and protecting.

Last August saw the opening of the **Foran dal Mus**, a geological path crossing the high portion of the Canin mountain that tourists can walk with the help of an **integrated GPS PDA**. No road indications, arrows, sign boards, which would ruin such an uncontaminated paradise in the heart of our mountains. In their place, some discrete metal plates identify the spots where the PDA can be activated to get the required information. The provided information is audio, so that the tourists' eyes can keep on enjoying the exceptional view surrounding them. The Foran dal Mus articulates on a Carnic territory forged by ice and water, a lunar landscape with almost no vegetation, a fascinating rocky garden, with evocative spiritual echoes.

The area is extraordinary for its geology and natural wildlife. Its frequent rains and mild climate are actually ideal for the development of an extremely diversified vegetation: an impressive 1200 species, comprising some endemic varieties like the **Zoys campanula**, the **Froelich's gentian**, the **Geraneum argenteum** and **Papaver Julicum**.

The park gives the opportunity to make unexpected encounters. With just a little luck you might sight **roes**, **deer**, **ibexes**, **chamois**, **wild boars** and **wild cats**. And lifting your eyes to the sky, your breath may be taken away by amazing surprises: besides birds of prey (**eagle owls**, **owls**, **tawny owls**, **boreal owls**) which are harder to see, the area is populated by **griffon vultures**, **golden eagles**, **buzzards**, **northern goshawks**. And among the local bird fauna species, even **black grouses**, **wood grouses**, **white partridges**, **hazel grouses** and the **Rock Partridge**, the very symbol of the park.

Unique example of border **eco-region** in Italy, in October 2009 the Julian Prealps Regional Park, together with the Slovenian **Triglav Park**, was awarded a very important European acknowledgement: "**Transboundary Parks-Following Nature's Design**". A very prestigious label awarded to eight European sites only, which the Italian and Slovenian team deserved thank to a very close cooperation they have had over the last few years and to a wide range of common projects on sustainable development, environmental protection and education as well as eco-friendly tourism.



A trip in the animal world of Friuli Venezia Giulia. Guide for young naturalists



Spring is about to bloom. It will be soon time to pack away our scarves and gloves, and stretch our arms, legs, wings, feet... A trip to discover the animals populating Friuli Venezia Giulia is the best way to enjoy the show of the reawakening nature and share it with our children. Which are the best itineraries in the region in the north-eastern corner of Italy for the old and the young who feel their **passion for nature** bloom with the first sun rays? The range of opportunities is wide: parks, oases, natural reserves, and greenhouses... Friuli Venezia Giulia suits the tastes of everyone.

Mountains first. The **Julian Prealps Natural Park**, bordering Slovenia, and the **Friulan Dolomites Regional Park**, on the western edge of the region, in the province of Pordenone, offer easy itineraries, suitable for little hikers: The perfect place to sight wild animals like **roes, deer, ibexes, marmots, black grouses** or **wood grouses**. And on the paths of the Julian Prealps, the most careful and lucky observers might seek out **paws** of **lynxes** and **brown bears**: a real thrill for baby-explorers! Mountain skies deserve special attention, being populated by **eagle owls, owls, peregrine falcons, golden eagles, griffon vultures**. Griffon vulture lovers will surely like the **Natural Reserve of the Cornino Lake**, in the province of Udine, which is dedicating an ad hoc protection project to this specie, and aspiring young ornithologists will love the **Island of the Cona**, at the mouth of the River Isonzo, with its large lagoon area displaying **migratory birds** and herds of white **Camargue horses**. The natural reserve offers educational programs, guided tours and lots of **activities on horseback**.

The **Oasi of Quadris** in Fagagna, on the hills of the province of Udine, offers an equally full-fledged palette of opportunities. A repopulation centre for **white storks** in which school classes or groups may like to book guided tours. A little advice: the best time of the year to enjoy the park is April, when storks perform their courtship ritual and strongly clap their beak producing a very particular sound.

More wings. The multicoloured ones of the **butterflies** of **Bordano**, a cosy village on the spectacular Friulan mountains. A walk in the **House of Butterflies** is something you won't forget indeed: a thousand square meters of conditioned greenhouses housing butterflies, tropical animals and plants. The centre also offers **permanent exhibitions**: interactive and sensorial itineraries to discover the secrets of nature, suitable for the old and the young.

Another exotic breathtaking beauty is the **Parrots Park** in Latisana, close to Lignano Sabbiadoro, housing three-hundred fantastic **parrot** couples from **Asia, Africa, America** and **Oceania**. The **Zoo Park Punta Verde** in Lignano is not far and besides hosting **giraffes, leopards, monkeys** **zebras** and many other animals, organizes activities and workshops for schools.

And for those who would rather enjoy a more traditional atmosphere, the region offers many **educational farms** involving children and parents in activities reminding the old times, in touch with the typical animals of the countryside.

Tic, tac, paw... just the see world is missing. Close to Trieste, the **Marine Reserve of Miramare** managed by the **WWF** offers sensorial and **virtual scuba diving** in its visitor's centre and organizes **activities on the shore** in the summertime, **scuba excursions** and **sea watching courses** even for the very young.



Waiting for the “Sagra dei Osei”, the 64th Spring Bird Fair in Sacile



The cold winter will soon give way to spring, and the reawakening nature will roll out its carpets of flowers on earth and fill up the sky with twitters and chirps. The **Spring Bird Fair in Sacile**, in the province of Pordenone scheduled on **10-11 April**, will give it a hand. The **64th Bird Fair** is a real hymn to Spring praising the name given to Sacile, “Garden of the Serenissima”: for two days the town centre will turn into an actual garden overflowing with flowers, warbles and

curious visitors.

The traditional core of the fair is aviculture. The occasion of the Fair sees a number of collateral initiatives such as a **national exhibition**, a **canary competition**, **exotic and hybrid specimen** and a **singing birds competition**. A gallery of plumages and voices from all over the world, arranged by the exhibitors of Friuli Venezia Giulia and Veneto.

The fair hosts many other events. Special attention is paid to the world of green. **Flowers, essences, vase and garden plants, dry and fresh flowers**: Sacile will not only explore their **ornamental** potentials but also their use in **food, cosmetic** and **artistic preparations**. And the 2010 Fair will also host an exhibition entirely dedicated to the most seducing exotic beauty, **orchid**, with seventy displayed botanic species, from the rarest to the most common.

Another event to save is the one dedicated to the delicate art of **bonsai** growing to which the Sacile Fair has dedicated a special place on its stage for twenty-four years now. As the finest expression of Japan, miniature gardening has literally caught the heart and the eyes of local bonsai lovers, who will have the opportunity to appreciate micro-masterpieces displayed in a very fascinating atmosphere: arranged in Japanese tokonomas, bonsais will be displayed in the simple and austere framework of the former church of San Gregorio.

Combinations of art and nature, bonsais are not the one and only artistic touch in the show. The event also hosts a comics competition, **Matite sulla Livenza**, a comics market fair and the award ceremony of the competition concluding the educational project on ornithic species for primary schools: the best work provided by primary school children will be used on the Fair poster. Actually, the entire event gives a special emphasis to nature and offers an **Educational Path – Natural Project** to understand birds and their natural environment.

And in the end, faithful to its tradition, Sacile will almost surely host a “chioccolo” contest, namely the technique used to imitate birdcalls. A very typical event in the “**Sagra dei Osei**” in August, core of the events held in Sacile. Born in 1200s as spontaneous market, it transformed over time in an actual market fair exhibiting birds, poultry animals and other products, becoming famous for its bird callers and singing bird competitions. While waiting for the summer, there’s nothing best than the Spring Fair to warm up your voice...



Eco-friendly materials and comfort for Villa Première, a new four-star hotel in the centre of Udine



In **Udine**, in the central via Cividale, **Villa Première** has just been built: a new **four-star hotel** both for tourists looking for a comfortable starting point to visit the town and for professionals who need elegant venues for their business meetings.

The hotel was built focussing on the **latest eco-friendly technology**: the materials and paints used are natural and eco-friendly and the technological and electrical systems were purposely built in a space far from the hotel. Therefore, attention to the environment but also to elegance: the **48 bedrooms** (which will become 72 when the top floor of the building will be completed) are sound-proof and are made with warm colours in various shades of brown and **unusual materials** such as golden bamboo slates used as bedheads, natural acacia wooden floors and blown glass for the bathroom ornaments. **Every room is provided with all modern comforts**: air conditioning, 32" LCD television, cable and wireless Internet access, safe, minibar and telephone. The hotel guests will have at their disposal a **rich breakfast buffet**, a non-stop drink bar and room service.

Moreover, the hotel is provided with a reception desk, which is open 24 hours, an Internet point, a fax and copy service, a laundry, a meeting lounge and a large garage (for coaches as well).

A **large conference room** with 150 seats and a fitness centre will be built soon on the top floor of the hotel with view on the mountains of the region. Moreover, a **catering service** will soon be included as well. In fact, in the hotel complex another building is about to be completed: it will house an ice-cream parlour and a restaurant which will allow guests to taste Friuli Venezia Giulia's best food and wine products.



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