

Friuli Venezia Giulia, *An epitome of Italian beauty*

Friuli Venezia Giulia is proof that there are still places to explore in Italy. A hidden village to lose yourself in, the last vintage to taste, a mountain path to travel, new stories to listen to: each trip to Friuli Venezia Giulia is as exciting as the first time.

This region encloses all the characteristics that have made Italy a place loved by writers, poets and travelers, from the peaks of the Alps and the Dolomites, to the waves of the Adriatic, the squares of elegant cities, the streets of old villages and the vine-clad hills of the Collio region.

On the border between three countries yet at the heart of Europe, this region has made its geographical position its main strength: in just two hours, you can get to see the Italian, Slavic and Germanic cultures, expressed in some sort of a kaleidoscope of traditions, languages and religions.

DISCOVER FRIULI VENEZIA GIULIA



A sea of wellbeing for the whole family

A coast outlined by golden sand and white cliffs

From the golden beaches of **Lignano** and **Grado**, with their shallow and sandy seabeds, 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 of new experiences, carried out in natural surroundings, days full of activities. The sea in Friuli Venezia Giulia contains many offers in one. It is an ideal family tourist destination with certified facilities and a welcome programme which has been specially created to meet the needs of children and parents; at the same time, the summer in Friuli Venezia Giulia strolls through the shopping streets of Lignano Sabbiadoro; or relaxes in the silence and serenity of Grado's lagoon and sandbanks; or follows the natural rhythm of the fishermen in Marano Lagunare. The 130 km of curved coastline washed by the **Adriatic Sea**, provide visitors with a wide range of seaside resorts.

Lignano Sabbiadoro – *"Italy's little Florida"* by Ernest Hemingway – Synonymous with vivacity, **Sabbiadoro**, together with **Lignano Pineta** and **Lignano Riviera**, is a vibrant world of sports and healthy activities. Besides meticulous entertainment and Wi-Fi internet access, windsurfing sailing, SUP, canoe and parasailing schools can be found on the beach, as well as gentle gymnastics lessons and water Nordic walking. The wide range of recreational opportunities for children and teenagers, which include six different theme parks, numerous sporting activities and the characteristics of the coast itself – **8 kilometres of golden sand**, shallow waters and a calm sea – make Lignano a perfect holiday destination for families too.



A relaxing thalassotherapy centre loved by Austro-Hungarian Emperors: along with the natural beauty of its lagoon and an exceptional microclimate that ensures a permanently sun-drenched coast, **Grado** is also known as the *Island of the Sun* thanks to the fact that all of its coasts are south facing. It boasts the considerable beneficial effects of its sand and iodine-rich air, as well as the **Italian record for Blue Flag (Bandiere Blu)** beaches. A true family destination, the town is often associated with its **spas** and its **thermal water park**, made up of an 85-metre ergonomic swimming pool equipped with

whirlpool, small waterfalls, thermal pools, springboards and water games. Don't miss out on a stroll in the elegant streets of the historic town centre, a real gem of Venetian architecture. A maze of narrow and charming alleys and *calli*, here you can find the best local food and wine, traditionally based on fresh fish.

There is also something for nature lovers and more adventurous visitors: the steep rugged cliffs of the Karst coast. Why not enjoy the splendid panorama as you perch high on the winding road along the coast leading to Trieste? In summer, the whole shoreline teems with life in a swarm of small bathing establishments. The ones that stand out most are the fascinating Bay of Sistiana, with its view on the Duino Castle and the historical *Pedocin* in the city centre: 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 town remaining in Italy, that boasts the remains of an ancient Roman settlement. The old town centre, crossed by the typical narrow *calli*, is stage to one of Italy's oldest carnivals
- ✓ **Marano Lagunare**, whose **Millenaria tower** emerges from the historic town centre, which is made up of typical Venetian narrow *calli* streets and small squares

- ✓ Those who like sailing can be sure of finding the perfect holiday in Friuli Venezia Giulia, with its **25** fully equipped **marinas** and a total of **15,000 berths**
- ✓ A visit to the **Natural Reserves of Canal Novo Valley** and the **Stella river mouth** in Marano Lagunare and **Cavanata Valley and the Isonzo river mouth**, which offer a number of ways to learn more about nature, from open-air activities (e.g. birdwatching) to workshops. Alternatively, along the coast of Trieste lie the **Natural Reserve of the Duino Cliffs** and the **Miramare Marine Nature Reserve**
- ✓ **Portopiccino**, a unique Mediterranean hamlet, set in the splendid Duino cliffs, where accommodation, restaurants, shops, a congress centre and a marina can be found. Here, there is also the luxurious *SPA by Bakel*, a company from Friuli Venezia Giulia and winner of Marie Claire's 2018 *Prix d'Excellence de la Beauté* award
- ✓ **Family Experience Mare**, a series of accommodations where families are more than welcome: family dedicated areas, entertainment and the exclusive **Family Card** available only in participating places. This includes visits to the amusement park, sports activities, customised excursions and many other family-friendly experiences. All reduced-price or free
- ✓ A **boat trip** on the Grado and Marano lagoons in search of typical *casoni* houses, Albergo Diffuso accommodation and unspoiled beaches

The freedom of no stress borderless skiing

90 kilometres 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 schools in **Tarvisio** will welcome you with open arms. Do you dream of training on the dazzling slopes where the great ski champions exhibit their abilities? Then **Sella Nevea** is 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. Do you like to combine ski and dancing Après Ski? **Ravascletto/Zoncolan** plays the right music for you. Or would you prefer a sleigh ride? **Sauris** is your ideal location, even to take your first steps on the snow and experience the Albergo Diffuso hotel. Would you like to see the Dolomites? **Forni di Sopra** is waiting to greet you with the wonderful views of the ski slopes. Are you a biathlete? Then your go-to destination is **Forni Avoltri**, which offers one of Italy's three most prestigious national centers for Nordic-biathlon skiing, as recognised by FIS (the Italian Winter Sports Federation); from there, you can easily reach **Sappada**, one of Italy's most beautiful villages, an alpine island rich in history and tradition, surrounded by the peaks of Val Comelico. Wherever your fancy lies, Friuli Venezia Giulia can offer a destination to grant your wishes, offering an all-round holiday with much more than simple ski activities.



Friuli Venezia Giulia means **safe ski without overcrowding** in the five regional ski areas of **nearly over 90 kilometres of ski areas** of its six ski resorts. A large range of choices with something for everyone, no matter how well you ski, and with guaranteed snow. **110 km of Cross-country ski trail loops** in magical surroundings, also by night.

With the **FVGcard**, the regional "pass-partout", convenience is guaranteed. Card holders can use the ski lift facilities **for free**: the **Tremol chairlift** in Piancavallo; the **Varmost** (1 and 2) **chairlifts** in Forni di Sopra; the Ravascletto cable way for **Mount Zonoclan**; **Mount Canin's** gondola lift to Sella Nevea; and that of **Santuario dei Lussari** to Tarvisio. The **FVGcard** also includes the use of Tarvisio and Piancavallo's rail bobsleighs, the participation in many extra-ski activities organised in Carnia and Tarvisio area, and a **25% discounted rate when purchasing a multi-day ski pass**. Finally, for **children up to 8 years old, the ski pass is always free**.

Seven resorts, a thousand things to do

- ✓ **Tarvisio**: over 25 km of snow-covered ski areas. Make sure you don't miss the **Di Prampero**, a 4km outdoor trail with a breath-taking view, which has been stage of several Women's **World Cup Ski** and can also be enjoyed at night every Tuesday and Friday evening. Then there is the Arena Paruzzi and Val Saisera's upper and lower slopes, heaven for cross-country skiers. In Tarvisio, you can also practise ski mountaineering or have a go at the local **international dog sledding school**. In addition, for the younger ones, there is a playground complete with tobogganing
- ✓ **Sella Nevea**: the **high-altitude slopes**, from 1,100m to over 2,100m, makes it an ideal springtime ski resort. It is also a genuine paradise for **freeride** skiing, boasting a dedicated area for fans of this discipline with training courses, specific activities on how to deal with fresh snow. The location also hosts many European Cup and FIS (Italian Ski Federation) events, which have a dedicated competitive centre for speed disciplines. In Sella Nevea, thanks to the **cross-border link**, it is also possible to **ski across the border** and reach the Slovenian town of Bovec with the same ski pass
- ✓ **Forni di Sopra**: in a romantic corner of the Friulian Dolomites, part of the famous **Dolomite Nordic Ski** cross-country circuit, you can ski along **the longest track** in Friuli Venezia Giulia. A section is opened at night every

Wednesday evening for ski mountaineering. As well as the 13km cross-country ski trail, 2km of which are opened at night every Monday and Wednesday evening, the town has a playground for the younger ones, a toboggan run, an ice-skating rink and an area for ice climbing, making it one of the most suitable destinations for **families**. There is a wellness centre with a Finnish sauna, Turkish baths and a swimming pool with an acrobatic water slide for children. The perfect location for sports lovers too: **snow bike excursions** out on the snow, **photographic snowshoe trekking** at altitude and many other activities also organised by the Friulian Dolomites National Park

- ✓ **Ravascletto-Zoncolan**: set in the wonderland of the Carnic Alps, it is the funniest Ski resort of the region and has **22km** of snow-covered ski areas that reach an altitude of 2,000 metres. Among the various attractions, the most outstanding is the **Arena Freestyle**, a snow park for progress on the snow. Meanwhile, night ski mountaineering adventurers can go up the Zoncolan 4 and Goles trails on a Tuesday evening, and the most difficult Canalone-Lavet one on a Thursday evening



- ✓ **Piancavallo**: **17 km of** ski areas with three crown jewels: a large **snow park** that offers freestylers the opportunity to put their jumps and rails to the test; a **boardercross and skicross track** for snowboarders and skiers; and a track dedicated to ski mountaineering. Every Wednesday and Friday, the ski mountaineering trail for the ascent and the Salomon slope for the downhill run into the valley can also be used. The bobsleigh on rails experience is thrilling, descending from an altitude of 1,500 metres and nosediving down a 15-degree slope. You can

also practise **snowshoeing**, skating on the ice rink, and **snow tubing**. While the kids can have fun in the Nevelandia playground

- ✓ **Sauris**: here you can undertake ski mountaineering and take your first steps on the snow, practising cross-country or downhill skiing in a setting where nature reigns supreme. You can go snowshoeing, **ride in an evocative sleigh** or enjoy the experience of skiing at night on the Sauris di Sotto's ski run. Finally, those who love to relax can spend their time between hay baths, saunas and hydromassage pools in the town's "*Borgo dello sport e del benessere*" wellness area
- ✓ **Sappada**: the gem of the Upper Piave Valley is full of fun and entertainment for everyone, with 15 km of alpine ski slopes suitable for beginners and advanced skiers, 25 km of **cross-country skiing** trails with varying difficulty levels, and numerous **ski mountaineering trails**. But not only. Sappada is also a paradise for non-skiers, who can enjoy **ice climbing**, **winter walks** along the Piave river, surrounded by woods or on white slopes, thrilling trails in the adventures park and horseback or horse-drawn carriage rides.

Did you know that...

- ✓ The rich calendar of winter activities has something for everyone, snowshoeing, sleigh rides and tours with all levels of difficulty. **Free with the FVGcard**
- ✓ In **Claut**, besides **ice-skating** and a **curling rink**, there is the **Ice-park**, an ice-climbing tower
- ✓ In Forni Avoltri, there is one of three Italian Winter Sports Federation (FISI) biathlon centres: Piani di Luzzza's Carnia Arena is in fact the specialised federal centre for biathlon practice and, during the summer, part of the track is used for roller skiing
- ✓ In **Sappada** you can also find Italy's biggest **snow park Nevelandia**, where cheerfulness reigns supreme: bobsleighs, sleds, rafts, skating rinks, snowmobiling and quad circuits offer fun for all ages

Jewels of art

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

Elegant and discreet, proud of their own beauty and never exhibitionist, the cities of Friuli Venezia Giulia have travelled the world, listening to foreign languages and meeting distant cultures and religions. For centuries Celts, Romans, Huns, Lombards, Venetians and Austro-Hungarians passed through these places, all leaving an indelible mark that mingled with local traditions. Thus Trieste “dressed in Hapsburg clothes”, Udine became the home of Tiepolo, Gorizia was called the “Austrian Nice” and Pordenone, whose frescoed palaces have earned it the title of painted city, alternates between Roman, Baroque and Gothic influences, where one can find Sacile, the “Garden of the Serenissima Republic of Venice”. These indelible marks can



also be admired in places that have been recognised by **UNESCO** as World Heritage Sites: **Aquileia**, ancient city of the Roman Empire; **Cividale del Friuli**, the capital of the first Italian Longobard Duchy; **Palmanova**, a fortress town enclosed in the shape of a nine-pointed star; and **Palù di Livenza**, a pile-dwelling site whose archaeological remains are partially found in the Archaeological Museum of Western Friuli in Pordenone.

The **FVGcard** is the key to the region’s art and cultural treasures. This pass, valid for 2, 3 or 7 days, includes unlimited access to all the main museums and historical and archaeological sites anywhere in the region. It also accounts for participation in the guided tours organised by PromoTurismoFVG in artistic cities or hiring of multilingual audio guides.

Set in an unrivalled corner of the world, between the white karst landscape and the dazzling blue of the northernmost part of the Adriatic Sea, **Trieste, Science Capital of 2020**, has always been a vital meeting point between the East and the West because of the central role of its’ port. The city that for centuries belonged to everyone and to no one still has the cosmopolitan soul of a place where different cultures, languages, religions and traditions can meet.



Udine, the elegant and convivial city, where the refined architecture is linked to the rustic charm of the osterias, the city in which Giambattista Tiepolo’s (1696-1770) treasures are kept, Venice school’s last great painter. This artist left a number of masterpieces, many of which can be seen in the Archiepiscopal Palace, in the Cathedral and in the Gallery of Historic Art in the castle that overlooks the old town centre. taking part to a guided tour or hiring for free a bicycle you can discover the beautiful sites of the city in complete freedom.



If Trieste reflects its ancient role of regional trade emporium, **Gorizia** has always been the real “melting pot” of Central Europe. It was here, at the crossroads of three European cultures – Latin, Slav and German – and in a proper Border City, that the last wall of the Cold War between Eastern and Western Europe was torn down in 2004. The Hapsburg bourgeoisie loved Gorizia and its mild climate: not by chance the city was called the “Nice of the Adriatic” and, because of its climate, it was chosen as a residence by the last

king of France, Charles X of Bourbon, who moved his sumptuous court to the magnificent noble palace Coronini Cronberg.

Pordenone is an elegant town with a charming historical centre, a true mosaic of 16th century palazzos, Romanesque churches, porticoes, frescoed façades, and Gothic and Baroque buildings. A stroll beneath the prestigious arcades of the Corso or a visit to the museums or to the temporary art exhibits will allow you to discover local history and culture. All through the year the city hosts international art, music and literature festivals, thus becoming a dynamic and creative node within the area.



Suggested visits

- ✓ **Miramare Castle**, fairy-tale residence of the Archduke Maximilian of Hapsburg and Charlotte of Belgium. Free with the **FVGcard**
- ✓ Literary itineraries and visits to the traditional **historical cafés of Trieste**, a legacy of the ancient Central European tradition
- ✓ Visit the **Grotta Gigante (Giant Cave)** in Sgonico, Europe's largest tourist cave. Free with the **FVGcard**
- ✓ **Udine Castle** and the **city museums**, such as the **Museum of Modern and Contemporary Art at Casa Cavazzini**. Free with the **FVGcard**
- ✓ The colours of **Giambattista Tiepolo's frescos** of the Diocesan and Tiepolo's Gallery Museum in Udine. Free with the **FVGcard**
- ✓ The timeless and refined elegance of **Pordenone**, discovering the most important Friulian painter of the Renaissance **Antonio de' Sacchis, called Il Pordenone** to whom in 2019 a major exhibition is devoted: The exhibition, curated by art critics Vittorio Sgarbi and Caterina Furlan, will feature 50 frescoes and the same number of drawings, including various works by major contemporary artists, including **Titian, Giorgione and Lorenzo Lotto**. Free with the **FVGcard**
- ✓ Gorizia's **medieval castle, Provincial museums, Palazzo Coronini Cronberg**. Free with the **FVGcard**

Natural flavours and aromas

A kaleidoscope of flavours and 80 million bottles of excellent wine

From *boreto a la graisana* to *frico friulano*, by way of *cjarsòns carnici*. Three great culinary trends – **Central European, Venetian and Slav** – merge in a cuisine that is “Made in Friuli Venezia Giulia”, the typical regional flavours appear in a variety of recipes, fruit of the incredible variety of landscapes, environments and climactic conditions, unique in the quality of local products. The **cuisine of Trieste and Gorizia** is an encounter of Hapsburg and Slavic traditions, **Carnia** recipes are prepared using herbs, fruits and mushrooms, and in **Friuli** you can enjoy genuine and tasty meals. And don’t forget fish and seafood, which is so abundant in this area.

Local production of **top whites** with **eight DOC zones, three DOCG zones** and two **inter-regional DOC zones**, 1.700 vineyards producing **80 million bottles** per year in an area of almost 20,000 hectares, with world famous names, including two true gems, **Ramandolo** and **Picolit**, as well as the **Friulano**, symbol of the regional territory. Friuli wine production, of traditional high quality, has converted most of its vineyards to DOC/DOCG wines, reaching 90% of the total yield. The roots of wine production can be found in Friuli Venezia Giulia, 80% of the Italian **vine cuttings**, or 30% of the EU and 25% of the world, are produced here. This implies research, innovation, high-quality vine cuttings, the mothers of all wines.



8 DOC zones: Carso, Friuli Colli Orientali, Collio, Friuli Annia, Friuli Aquileia, Friuli grave, Friuli Isonzo, Friuli Latisana

3 DOCG: Picolit, Ramandolo and Rosazzo

2 Inter-regional DOC: Lison Pramaggiore and Prosecco

The **new Friuli Venezia Giulia Wine and Food Route**: a single road that perfectly connects the coast with Friuli Venezia Giulia’s mountainous area, passing through the regional hinterland’s **hills** and **vineyards**. It networks the region’s agri-food and wine-growing resources, together with cultural and environmental ones, with the aim of creating a transversal and integrated product to enhance food and wine tourism, making it more accessible to tourists. The **SVS** (Strada del Vino e dei Saporì, or Wine and Food Route), which involves the entire region, is not a physical itinerary, but a single container within which lie **six different experiences to try** in similar areas: “**Here in our mountains**”, “**Here in our hills**”, “**Here on our river**”, “**Here on our plains**”, “**Here in our Karst Plateau**”, “**Here on our coast**”.

The dedicated website, www.tastefvg.it, allows the gastronaut to find information in order to **create their own food and wine itinerary**. It also provides opening hours that are updated in real time for wine cellars to book guided tours.

Food farming products

- ✓ **DOP:** Montasio cheese, San Daniele ham, Tergeste extra-virgin olive oil, Italian Cacciatora Salamini and Brovada
- ✓ **IGP** (protected geographical indication): Sauris ham, several **traditional products**: grappas, honey, Asino cheese, white Friuli asparagus
- ✓ **11 Slow Food Presidia:** *garlic from Resia or strok, Cavasso and Val Cosa onion, formadi frant, turnaria milk cheese, pan di sorc, pestât di Fagagna, pitina, radic di mont, çuç di mont, bean of San Quirino rose of Gorizia.*

- ✓ Traditional products as for example Grappa, honey, Asino cheese, white Friulan asparagus for total amount of 160 traditional products

Curiosity:

Friuli Venezia Giulia, with its 2500km of permanent and pure fresh waters, is the first region in Italy for rainbow trout breeding, covering 40% of national produce.

Typical dishes and products

- ✓ **Trieste:** *jota*, large sardines breaded and fried, *ribaltavapori*, Trieste-style salted cod, fish soup, *scampi alla busara*, *mussoli* clams, *dandoli* (date mussels), *sarde in savôr* (sweet and sour sardines), Trieste 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*, *rosa di Gorizia* and raw ham from Cormòns
- ✓ **Udine:** *frico*, *musèt e brovade*, *gubana* cake, white asparagus, white truffle from Muzzana del Turgnano, raw ham from Sauris (slightly smoked), borlotti beans from Carnia, Malga cheese, sour ricotta cheese and the Kneidl
- ✓ **Pordenone:** *pitina*, Asino cheese, the *Figo Moro* fig from Caneva, the potatoes from Ovolèdo and the Biscuit Pordenone.



Sea Dishes: *boreto a la graisana* (quick cooked fish with garlic, vinegar and black pepper), squids in their own ink, *sievoli sotto sal* (grey mullets cured in salt for two or three months)

Mountain Dishes: *cjarsòns* (ravioli with a contrasting sweet and savoury filling), *savôrs* (a special dish of chopped vegetables), *toc in braide* (cornmeal mush, Montasio crème, butter, smoked ricotta). *Sot la trape* (a particular kind of cheese marinated in marc), the *Gepichta Kropfn* and the carnival dessert of Sappada are worth a try as well

Discovering the secrets of the countryside

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

This is the place to go to 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, Friuli Venezia Giulia gives you the chance to explore some of the most beautiful small towns in Italy, which boast treasures of great historical and cultural importance. There is a whole world to discover that will tempt your fancy: food and wine tours, old crafts that have never faded, rural and mediaeval hamlets, secret castles, waterside tracks and ancient mills, historical re-enactments and timeless rituals. Itineraries are easier and convenient with the **FVGcard**, Friuli Venezia Giulia's destination card, that offers a wide range of **discounts and free entries** to be used in services and tourist attractions throughout the region.

Friuli Venezia Giulia has its own special kind of hospitality, too. A wide range of alternative accommodations are available to dive into authentic rural life. For instance, you might choose to stay in an **agritourism** farm or one of the rustic **malghe**. Amongst the alternative kinds of accommodation, you can find bed&breakfasts as well as "**Albergo Diffuso**" – an 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, at extremely competitive prices. Friuli Venezia Giulia's **Bed&Breakfasts** have a renewed quality system that allows the accommodation, at the same facility, of small groups of maximum eight people. Tourists may choose among three categories: "standard", "comfort" or "superior".



Places and traditions worth discovering

- ✓ **The 12 "Most beautiful Italian villages"** in Friuli Venezia Giulia: **Clauiano, Cordovado, Fagagna, Gradisca d'Isonzo, Palmanova, Poffabro, Polcenigo, Sappada, Sesto al Reghena, Travesio, Valvasone Arzene and Venzone**
- ✓ **Sacile**, the "**garden of the Serenissima**", a place to discover the grace of Venetian-style Renaissance buildings, walking among alleys, bridges and noble palaces
- ✓ **Palmanova**, in 2017 named a **UNESCO World Heritage Site** and already a national monument, is the perfect fortress town enclosed within a nine-pointed star
- ✓ Passariano's **Villa Manin**, a Venetian residence with a Paladian footprint, where Napoleon signed the Treaty of Campoformido. Today it is a renowned venue for international exhibitions
- ✓ **The Medieval castle of Ragogna**, which hosts **Scriptorium Foroiuliense** – one of the few schools teaching the ancient art of calligraphy in Italy
- ✓ **The land of castles in the Friuli hills**, steeped in history and ancient manors
- ✓ **Venzone**, declared a **national monument**. As well as being the only fourteenth-century fortified town in Friuli Venezia Giulia, it is also **one of the most extraordinary examples** of artistic and architectural **restoration**: a technical and cultural intervention allowed for the recovery of the hamlet's original identity, carefully reconstructing its buildings and imposing Medieval walls, stone by stone

- ✓ **Erto e Casso, Forni di Sotto, Lauco, Ravascletto, Sauris, Socchieve and Sutrio** are Friuli Venezia Giulia's genuine traditional hamlets. They are the proud guardians of ancient architecture and traditions
- ✓ **Val Resia**, where language, traditions and folklore have remained unchanged for almost 15 centuries



- ✓ 4 “**Bandiera Arancione**” (Orange Flag) villages appointed by the Italian Touring Club: **Cividale del Friuli, Maniago, San Vito al Tagliamento and Sappada**
- ✓ 4 of Friuli Venezia Giulia's “Borghi Storici Marinari” (Historic Coastal Villages): **Grado, Marano Lagunare, Muggia and Duino Aurisina**

- ✓ **Sappada** is a German-speaking linguistic island and a place where **ancient traditions** and architecture have remained intact over time, such as the local buildings made almost entirely of wood according to the “**Blockbau**” system, with horizontal logs interlocked at the corners and resting on a stone base

Connoisseurs corner

- ✓ **Looking for osmize on the Karst:** private houses of winemakers, where you can taste typical, local, home-grown dishes at certain times of the year. How can you find them? Look out for the branch!
- ✓ **Food and wine tasting tours** along the wine and food routes, such as **Collio in Vespa**
- ✓ **San Daniele del Friuli**, the homeland of the renowned prosciutto which boasts the highest number of tasting rooms in Italy. Located in a marvellous historic centre, the town is home to the oldest public library in Italy, the **Guarneriana library**
- ✓ Typical delicacies from **Cividale** and the **Natisone Valleys**: Friulian salami flavoured with garlic, or cooked in vinegar with onion, and *struchi* and *gubana*, ancient deserts filled with dried fruit, candied fruit and spices.

The charm of staying in prestigious places

Friuli Venezia Giulia is a region on the border of Italy full of hidden treasures that will amaze visitors due to its many different landscapes, intertwining cultures, and ancient traditions.

The Historical Homes & Castles of Friuli Venezia Giulia let you discover the originality of this enchanting region through its unique scenery and places where you can enjoy relaxing, pleasant moments.

Splendid manors harmoniously blend with the most fascinating tourist areas of the region, while historical villas are surrounded by verdant hills and beautiful scenery, sit on the outskirts of an ancient village or enjoy breath-taking views of the Gulf of Trieste and are adorned with gardens, vineyards, and striking centuries-old parks.

Nature at its purest

16,000 hectares of lagoons, 3 parks and 13 natural parks in an unspoilt natural world

The Friuli Venezia Giulia Region 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. If you long to be totally immersed in nature, then Friuli Venezia Giulia is the ideal place for you.

The perfect peaks reaching skyward from the **Friulian Dolomites**, which were listed as a **UNESCO World Heritage Site in 2009**, and the **Julian** and **Carnic Alps** form the ideal frame for the lush green valleys. 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** between sea and land, where it is possible to find the *casoni*: simple shelters that were used by the lagoon fishermen in the past.



For those who love all forms of nature, Friuli Venezia Giulia offers 3 Natural parks, as well as about twenty biotypes 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 there is always something to do: rock climbing, trekking, mountain climbing, paragliding, gliding, mountain biking, horse riding. In fact, there are many facilities equipped with stables from which one can leave for a ride along itineraries conceived to discover the most charming places of the region on horseback.

For two-wheel lovers, PromoTurismoFVG offers a rich **carnet of itineraries** both for **road bike** and **MTB**. With the **FVGcard** you can also take part in **free** summer and winter **guided tours** organized by PromoTurismoFVG and get a 30% discount when travelling on **maritime transport** in **Grado** and **Lignano**.

Recommended Nature

- ✓ **Fusine Lakes**, superb stretches of water set in deer, roebuck, lynx and bear kingdom
- ✓ The **Tarvisio area**, where you can combine local cuisine, extreme sports and breath-taking excursions
- ✓ **Carnia**, an enchanted area of pastures, shepherds' huts, age-old forests and ancient crafts. Here, the **Monte Coglians** rises up, the highest peak in Friuli Venezia Giulia with all of its 2,780 metres
- ✓ The **barene and velme**, peculiar sand stretches emerging from the **Grado** and **Marano** lagoons
- ✓ **Miramare Marine Reserve**, the oldest in Italy, to be explored with guided scuba diving
- ✓ **Barcis Lake** and the **Campanile di Val Montanaia** peak, the symbol of mountain climbing in the Friulian Dolomites

Sport and discovery in a nutshell

- ✓ **Alpe Adria Trail** the trekking route that links Carinthia, Slovenia and Friuli Venezia Giulia in 43 stopovers. It takes you from the foot of the highest mountain in Austria, the Großglockner, through Carinthia and Slovenia's most beautiful lake and mountain regions, to the Adriatic Sea in Muggia, near Trieste

- ✓ **Friulian Dolomites Circular Trail**, 4 stages for 4 mountain huts, a trekking route to complete against the splendid backdrop of the Regional Friulian Dolomites Natural Park
- ✓ **The Alpin way**, the yellow trail that starts out from Trieste, crosses the Karst, the Carnic and the Julian Alps before finally reaching the Allgäu Alps in Germany
- ✓ **Alta Via Forni di Sopra**, five days' trekking between mountain and refuge huts immersed in the wilderness of Forni di Sopra's wide valley



- ✓ **By bike** along regional and cross-border cycling routes, such as the **Ciclovia Alpe Adria Radweg**, that go from the Alps to the sea and from the Dolomites to the Gorizia Hills
- ✓ A **trekking tour** of the shepherds' mountain huts, connected by trails which suit various levels of ability
- ✓ **Birdwatching** on the Grado and Marano lagoons. From the thatched stone *casoni* houses to the protected reserves, you'll find a world of birds: **320** different **species**, amounting to as many as **100,000 specimens** during certain periods of the year
- ✓ The **Montanevie**: a tourist route that stretches along the province of Pordenone's first mountain range, through forests and flats, from which towns and small villages rise up as real gems of spontaneous architecture

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, and discover traces of the “Iron Curtain” of the Cold War. Walk along paths trodden by a young German officer called Rommel, walk along the trenches that inspired the poet Giuseppe Ungaretti and search for the rooms of a fortress in the midst of powder magazines, gun batteries and tunnels. The past is truly in the air in Friuli Venezia Giulia, a region covered by **battlefields** and places where history was made, deep in the heart of Europe and open towards the Adriatic Sea. This strategic position has often meant Friuli Venezia Giulia was at the centre of great conflicts and of some of the most significant moments in history. It was here that the ancient Romans built the fourth town of Europe, **Aquileia**, town where the most extensive mosaic floor of Europe is kept in the Paleo-Christian Basilica, declared World Heritage Site by UNESCO in 1998. The Lombards, who were 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 and where a small **Lombard Temple**, true jewel of ancient art, can be found, also a UNESCO Site since 2011. Later, the area became the favourite playground of the Hapsburg Empire.



World War I

This region was the principal scenery of the Italian frontline for over two and a half years during WWI. Hundreds of thousands of Italian and Austro-Hungarian soldiers faced each other in twelve great battles between May 24th, 1915 and the end of October 1917, on the Karst plateau and Julian Prealps, at the Slovenian border. Behind them, the Friuli plains were transformed into a great military machine of backroads, needed to supply logistic support to all the soldiers on the frontline. Udine then became the military capital of Italy from 1915 to 1917. On 24th October 1917, the situation changed abruptly when an Austro-German attack triggered what is universally known today as the “Retreat of Caporetto” and moved the frontline along the Piave river. After a year of Austro-Hungarian military administration, the defeat of the Habsburg Empire brought the current Friuli under the Savoy, while Trieste, which up until that moment had been one of the main Austro-Hungarian towns, became part of the Kingdom of Italy for the first time.



Such history can now be explored by visiting the countless traces that the conflict left in Friuli Venezia Giulia, creating a truly gigantic open-air museum. The Isonzo Karst, Natisone Valleys, and the Carnia and Tarvisio mountain peaks preserve trenches, fortifications, military posts and remains of frontline barracks. In the Tagliamento hill area, up to the Friulian Dolomites, the tragic events of the October-November 1917 retreat can

be retraced. In Trieste, one of the symbolic cities of Italian twentieth-century history, and on the Karst Plateau, Austro-Hungarian and Italian remembrances co-exist as evidence of how the memories of these events are still alive.

As well as the original traces of the conflict, there are also the resources dedicated to remembrance of the conflict, built during subsequent years: from the classic museums (e.g. **First World War Museum of Gorizia and Ragogna**, and the **Diego De Henriquez War Museum for Peace in Trieste**), where thousands of the period's military and other objects are kept; to the multimedia Museums as Redipuglia and Monte San Michele, opened in 2018. Furthermore, Monuments were built to remember the most important moments of the conflict: the memorials (e.g. **Redipuglia War Memorial**, where the remains of over 100,000 fallen soldiers rest) and the **Austro-Hungarian cemeteries** (such as those of **Aurisina**, **Prosecco** and **Fogliano**).

All the itineraries, open-air museums and WWI locations can be found on the www.turismograndeguerrafvg.it, portal, the result of the inter-regional project of the same name, that saw Friuli Venezia Giulia as the lead region, alongside Veneto, Lombardy and the autonomous provinces of Trento and Bolzano.

The schedule of **free guided tours** dedicated to the **routes of the Great War throughout Friuli Venezia Giulia** is abundant. From the Karst Plateau surrounding the city of Trieste to the peaks of the mountains on the Austrian border, routes can be travelled, accompanied by expert historians and authorised guides. They are able not only to tell you the facts and recollections, but also to relive the experiences of the soldiers posted to the frontline.

From 2017, an audio guide will also be available (in Italian, English and German) to be able to visit the Redipuglia monumental area and the open-air museum of the Sinkhole of the 15th Marksmen Regiment (Dolina del XV Bersaglieri), behind the famous memorial.

Throughout the year, there will also be events and exhibitions in First World War locations in the form of projects funded by the Department of Culture.

Not to be missed

- ✓ **Palmanova**, the perfect fortress town enclosed within a nine-pointed star and a recognised UNESCO World Heritage Site
- ✓ **Parco 97 – Prosecco military training camp** and **Parco 40 – the coastland trench**, 2 open-air museums on the outskirts of Trieste, inaugurated in 2017, that tell the story of the Austro-Hungarian side-lines in the defence of the city
- ✓ **Victory Lighthouse, Piazza Unità d'Italia and Audace Pier** in Trieste, symbols of the city's passage from the Habsburg Empire to the Kingdom of Italy
- ✓ The **Redipuglia Memorial**, the largest Italian memorial and one of the biggest in Europe, is home to the remains of over 100,000 soldiers who fell during the First World War
- ✓ **Gradisco d'Isonzo**, one of the most beautiful villages in Italy, with its Venetian fortress dating back to the fifteenth century and built to defend against Turkish invasions
- ✓ **èStoria**, International History Festival
- ✓ **Sesis Pass, Mount Peralba**: there are numerous shooting posts and some shelters carved into the rock on the slopes and the summit of Mount Peralba, the Sesis Pass and Sasso del Bersagliere. The paths towards Sesis Pass and Mount Peralba start at Rifugio Calvi, a mountain hut accessible by a dirt road from the junction for the Piave Springs
- ✓ **Monte Chiadenis**: on Monte Chiadenis, you can see ruins of barracks with stone walls, as well as cave and group shelters
- ✓ To learn more, visit the **Small Museum of the Great War in Borgata Mühlbach** in Sappada.

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 mountain forests 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 with 18 holes are evenly distributed across the whole area enabling you to immerse yourself in a variety of incredibly beautiful natural settings. Friuli Venezia Giulia is also the leader of **Italy Golf&More** project, a golf promotion programme in eight regions (Emilia Romagna, Liguria, Lombardy, Apulia, Sicily, Veneto and Lazio) and FIG (Italian Golf Federation), which aims at enhancing the national golf circuits, by combining sports with other activities, such as food and wine tours, guided tours to famous art cities, excursions, horse-riding, rural tourism and much more.

Lignano Golf Club: 18 holes (6,345 m, par 72), where lakes and bunkers appear, suitable for all. Practice range with 9 covered tees, putting green, pitching green, changing rooms, bar, restaurant, hotel, golf bag rental, e-carts, gym, beauty centre.



Grado Golf Club: 18 holes (5,746 m, par 72), famous for the many water obstacles with the lagoon in the background. The club, situated in the splendid Primero Estate, has chipping and putting greens, driving range with 12 covered tees, pro-shop, golf bag, trolley and cart rental, clubhouse, bar, restaurant, changing rooms, pool and tennis (summer only).

Trieste Golf Club: 18 holes (5,810 m, par 70), in a seemingly level but tricky green course with 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, a putting green, golf bag rent, cart and all over the year open restaurant.

Castello di Spessa Golf Country Club: 18 holes (5,460 m, par 71), deep in the rustic scenery of the Collio vineyards, it is provided with a training Centre, putting green, chipping green, practice bunker, and driving range with 25 floodlit practice ranges, lit up until midnight, pro shop, changing rooms, trolley, bag and e-cart rental, club house with its own bar and restaurant.



Udine Golf Club: 18 holes (5,890 m, par 72), for a course designed by the shade of the cherry trees and the gently rounded hills. Driving range, putting green, chipping green, pro shop, changing rooms, trolley and e-cart rental. The clubhouse has its own bar and restaurant.

Castel d'Aviano Golf Club: 18 holes (5,980 m, par 72) in the midst of centuries-old parkland. Equipped with driving range, night lights, lit up putting green, pitching green, bar, bag and trolley rental, changing rooms.

Tarvisio Unlimited Golf Club: 18-hole (5,693 m, par 70) designed by the well-known Canadian architect Graham Cooke, with wide fairways on the Alpine plateau, spacious greens and treacherous bunkers. Bar, restaurant, changing rooms, pro-shop, lounge, driving range with covered tees, putting green, pitching green, practice bunkers, trolley rental with GPS.

Golf Club and Mini golf in Sappada: the facility has a 9-hole course, a practice area with a clubhouse and two mini-golf courses.

Friuli Venezia Giulia also offers a 6-hole green in **Golf Club La Faula** in Povoletto, for your first attempts at golfing.

Wellbeing for body and soul *Rejuvenate yourself like the Emperors did*

By choosing Friuli Venezia Giulia you have the chance to lose yourself in a wellness and body care oasis. By combining century-old thermal traditions 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 like you never experienced before. With the **FVGcard**, **aesthetic and beauty treatments** offered by the Grado health spa are **discounted by 20%**.

The ancient Romans were the first to discover the healing effects of the mineral waters that supply the **Spa of Arta Terme** (Udine) from the Pudia springs. 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 conditions for a healthy holiday. The curative powers of this precious source are perfect to fight respiratory problems, liver and skin diseases, arthritis and arthrosis. The Palazzo delle acque boasts saunas with different temperatures, a turkish bath, emotional showers, kneipp path and a swimming pool. 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 aesthetic and beauty treatments, and sand baths are the strong points of the **Thalassotherapy Centre in Grado** – the most fashionable spa resort during the Hapsburg Empire - well-known 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 joints, and an aid to rehabilitation. But there is far more than sand. The crown jewel of this vanguard structure is the **Thermal Water Park**, which offers **FVGcard** holders a **25% discount** on entrance fees. The facility allows guests to use a thermal swimming pool with hydro-massage and waterfall jets to tone 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 spray,



using sea water which is particularly good for the respiratory tract, a whirlpool and a bio sauna.

The **Terme Romane di Monfalcone**, at the foot of the Carso Area, are an oasis for wellness and relaxation, on the site of a natural hot water spring (38-39 °C). Well renowned since Roman times, they offer a great range of packages for rehabilitation, body care and well-being based on kine watsu, craniosacral massages, massages for stress relief and Ayurveda massages.

Relaxation not just in spas

Throughout Friuli Venezia Giulia, there are various facilities, such as golf clubs, winegrowing holdings and marinas equipped with wellness areas and spas, some of which are also open to the public.

Showcase on wellness

- ✓ **Health:** sand baths, thalassotherapy, balneotherapy, ozone baths, water massage, solarium, 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), regional centres offer skin checkups, personalised slimming programmes, glycolic acid peelings, mesotherapy, reflexology, panthermal regeneration, lymphatic drainage and biostimulation.
- ✓ **Wellness:** Shiatsu, Thai, and Ayurvedic massages, aroma therapy, holistic massage, light baths, special wave, stone and Tuina massages.

Wind and sea: a powerful combination

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

From the mouth of the Tagliamento River to the marina of Porto San Rocco in Muggia, through 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 **130 km of coastline**. If, on the other hand, you prefer the open sea, the region's **25 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 high-quality services, equipped moorings for **mega yachts** too and all kinds of land entertainment and comforts.

Friuli Venezia Giulia is the perfect destination for sea lovers. Tourists or yachtsmen, beginners or old salt, when you dock in the regional marinas you have a properly organised system of the highest quality 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 boats, from large cruisers to high-performance hulls and wooden boats, providing suitable assistance to boat lovers who want to venture into seas frequented by **the most famous international skippers**.



Over **100** important nautical **events** take place in the region every year.

Nautical events you shouldn't miss

- ✓ **International Three Gulf Week** – Sailing and entertainment events taking 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.



- ✓ **Barcolana - Autumn Cup** – On the second Sunday of October the Gulf of Trieste becomes the stage for the world's largest regatta (number of participants). An exhibit that fills the gulf with 2,000 boats of all sizes, from hi-tech hulls to the tiniest sail 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 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.

Did you know that...

- ✓ Enjoy water sports in Friuli Venezia Giulia! Discover the nautical village of Lignano, **kitesurf** in Grado and challenge the *bora*, Trieste's typical wind, with *full sails* on the coast of Barcola; **dive** and explore the seafloor of the wonderful WWF Marine Reserve of Miramare Castle and Sistiana bay.
- ✓ In the **Dry Marina in Punta Gabbiani** and **Aprilia Marittima 2000 Dry Marina** you can experience your boat from the ground with the quick launch service
- ✓ From 2018, in Lignano Sabbiadoro, you will be able to rent **floating boats** for a unique and exciting maritime experience while in Precenico, rent a Houseboat is possible to discover the Lagoon through its canals

High-quality conferences and meetings

Dream locations certified by Federcongressi

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 reached using Trieste airport, is just an hour from the international hubs of Venice and Ljubljana, 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, team building activities, 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 the perfect setting for every requirement.



The consulting service by PromoTurismoFVG 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**, that offers top-level and state-of-art congress venues, access to excellent hotel facilities and a proven track record of over twenty years of 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), flanked 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, capable of hosting up to 4000 people. Events that can be setup in hotels, modern fair spaces, congress centres and meeting rooms can also be housed in antique castles, historical manors, fascinating locations and wine cellars.



The internet site for Congress tourism in this region, www.congressfvg.it collects and describes **all the certified congress locations** listed by the **Federcongressi**. All the services connected to the sector are listed here, as well as a series of proposals of possible itineraries pre and post-congress; an efficient instrument to communicate with the congress tourism offer of Friuli Venezia Giulia.

Enjoy FRIULI VENEZIA GIULIA's 2019 events

Food and wine events

- ✓ **Olio Capitale (Capital Oil)**, March 15th – 19th Trieste
- ✓ **Sapori Pro Loco (Local Flavours)**, May 11th - 12th / 17th – 19th at Villa Manin in Codroipo (UD),
- ✓ **Fieste da Viarte**, May 19th in Cormons (GO),
- ✓ **Cantine aperte (Open wine cellars)**, May 25th - 26th in several locations around the region
- ✓ **Fiera dei Vini (Wine Fair)** June 6th – 9th in Buttrio (UD)
- ✓ **Aria di festa**, festival dedicated to San Daniele Ham, June 21st – 24th in San Daniele del Friuli (UD)
- ✓ **Calici di stelle (Goblets of Stars)**, August in several locations around the region
- ✓ **Friuli Doc**, September 12th – 15th in Udine
- ✓ **Gusti di Frontiera (Border Tastes)**, last weekend in September in Gorizia
- ✓ **21st edition of Ein Prosit in Tarvis** October 17th – 20th in Tarvisio and Malborghetto (UD)
- ✓ **Sapori di Carnia (Flavours from Carnia)**, 8th December in Raveo (UD)

Culture

- ✓ **Dedica**, March 9th – 16th in Pordenone
- ✓ **Vicino/Lontano (Close/Far) – Premio Terzani (Terzani Prize)**, May 16th -19th in Udine
- ✓ **èStoria**, May 23rd – 26th in Gorizia
- ✓ **25th edition Stazione di Topolò (Topolò Station)** July 6^h – 15th in Topolò di Grimacco (UD)
- ✓ **Pordenonelegge.it** September 18th – 22nd in Pordenone

Folklore

- ✓ **Epifania Friulana (Epiphany in Friuli)**, January 4th - 6th in Tarcento (UD)
- ✓ **Messa dello Spadone (Spadone Mass)**, January 6th in Cividale del Friuli (UD)
- ✓ **Messa del Tallero (Tallero Mass)**, January 6th in Gemona del Friuli (UD)
- ✓ **Carnevale Saurano (Saurano Carnival)**, March 2nd in Sauris (UD)
- ✓ **Carnevale Plodar Vosenocht**, Februar 17th – March 5th in Sappada
- ✓ **Carnevale di Muggia (Muggia Carnival)**, February 28th – 6th March in Muggia (TS)
- ✓ **Carnevale resiano**, March 2nd – 6th in Resia (UD)
- ✓ **Sacra Rappresentazione del Venerdi Santo (Sacred Representation of Holy Friday)**, April 19th in Erto e Casso (PN)
- ✓ **Bacio delle Croci (Kiss of the Crosses)**, June 2nd in Zuglio (UD)
- ✓ **Perdon de Barbana**, July, 7th in Grado (GO)
- ✓ **Palio di San Donato (San Donato Palio - Traditional procession)**, August in Cividale del Friuli (UD)
- ✓ **Rievocazione della Macia**, August in Spilimbergo (PN)
- ✓ **Festival dei Cuori (Hearts Festival)** August, 15th – 21st in Tarcento (UD)
- ✓ **Sagra dei Osei (Bird Festival)**, August 19th in Sacile (PN)

Cinema

- ✓ **Trieste Film Festival**, January 18th – 25th in Trieste
- ✓ **Far East Film**, April 26th – may 4th in Udine
- ✓ **Trieste Short Fil Festival**, 28th June-7th July in Trieste
- ✓ **Premio Sergio Amidei (Sergio Amidei Prize)**, July 18th – 24th in Gorizia
- ✓ **Le Giornate del cinema muto (Silent Film Festival)**, 5th – 12th October in Pordenone
- ✓ **Festival del cinema latino-americano (Latin-American Film Festival)**, October in Trieste
- ✓ **Scienceplusfiction**, October/November in Trieste

Music

- ✓ **XXIV Pordenone Guitar Festival**, April, 30th – May, 2ND -5th in Pordenone

- ✓ **Udine Jazz**, July in Udine
- ✓ **Sexto 'Nplugged** July in Sesto al Reghena
- ✓ **Piccolo Festival of FVG** July 2nd – 8th, several locations
- ✓ **Fiera della Musica (Music Fair)**, July in Azzano Decimo (PN)
- ✓ **Blues in Villa** July in Villa Varda di Brugnera (PN)
- ✓ **JOVA Beach Party**, July 6th Jovanotti in Lignano Sabbiadoro (UD)
- ✓ **The Offspring**, August 15th in Lignano Sabbiadoro (UD)
- ✓ **40th edition of Folkest**, June 20th – July 8th in several regional locations
- ✓ **No Borders Music Festival**, August in Tarvisio (UD)
- ✓ **Jazz&Wine for Peace Festival**, October in Cormons (GO)

Theatre

- ✓ **Mittelfest**, July 12th – 21st in Cividale del Friuli (UD)
- ✓ **Alpe Adria Puppet Festival**, August in Grado and Gorizia

Fashion

- ✓ **Lignano Moda d'Autore Fashion Art**, August in Lignano Sabbiadoro

Sports

- ✓ **UNESCO Cities Marathon**, March 31st in Aquileia, Palmanova and Cividale (UD)
- ✓ **Half Marathon Trieste 21k**, May 5th in Trieste
- ✓ **Verzegnis/Sella Chianzutan**, May 31st – June 2nd in Verzegnis (UD)
- ✓ **25th edition of Italian Baja**, June in several locations near Pordenone
- ✓ **Magraid**, June 14th-16th in Cordenons (PN)
- ✓ **World Hang Gliding Championship**, July 12th – 17th in Tolmezzo (UD)
- ✓ **51st Edition of Barcolana**, October 13th in Trieste

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 is bordered by 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*, or 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
1,221,860



Population per

	province	city
Trieste	231,677	207,800
Udine	536,622	100,514
Pordenone	312,911	52,008
Gorizia	140,650	35,803

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)

UNESCO Heritage sites

Aquileia (since 1998) Roman Empire metropolis, a true open-air archaeological museum.

Friuli Dolomites (since 2009), characterised by *wilderness*, there are the most untouched and unexplored of the group.

Cividale del Friuli capital city of the first Lombard Duchy in Italy, included in UNESCO sites in 2011

Palù di Livenza (since 2011) Alpine prehistoric pile-dwelling site

Palmanova (since 2017) excellent example of star fort of the Late Renaissance, listed as part of Venetian Works of Defence between 15th and 17th centuries