



FRIULI
VENEZIA
GIULIA

Seaside holidays
with a difference





Mediterranean beaches in the heart of Europe



A melting pot for Latin, Germanic and Slav civilizations. Beaches of fine sand and a sea gently sloping away in Lignano and Grado, inlets embedded between white rocks in Trieste. Enchanting places, all year round.

Despite its limited extension, the coastline of Friuli Venezia Giulia offers many different facets of typical Mediterranean appeal: surroundings and landscapes that astonish visitors because of the incredible contrasts in the space of a few miles. This is right where the Adriatic laps at the shores of central Europe, offering a meeting between Latin, Germanic and Slavic Mediterranean cultures. From **Lignano Sabbiadoro** to **Grado**, the Friuli Venezia Giulia coast welcomes you with its inviting and relaxing appeal. Here you'll find broad sandy **beaches** with their characteristic soft golden-brown coloured sand and dunes. And the sea is absolutely irresistible, with its shallow waters and relaxing waves that break gently on the beach. You'll be able to turn the kids loose while you lie back and bask in the sunshine. At last, a really tranquil summer vacation. Soaking up the sun and chilling out. Your dream summer break.

And the allure of this area lasts well beyond the summer months. The fascination of Friuli Venezia Giulia coast is just as intense in the spring, autumn and even winter. This is when the beaches are ideal for **long romantic strolls**. Grado is animated by its centuries-old fishing tradition, with delicious freshly caught **fish** skilfully prepared by the local restaurants. Northwards, the **Trieste** gulf, swept frequently by the impetuous north-easterly Bora wind, offers a more introspective relationship with the sea. From Duino to Sistiana and through to Trieste itself, the coastline features a succession of sheer white cliffs interspersed with areas of dense **Mediterranean vegetation**. It's also an ideal destination for summer sailing enthusiasts, with a coast that blooms with flowers in the spring and offers superb walks throughout the winter along the network of paths that dominate the Gulf, offering an intense and absolutely intimate relationship with the sea.



Recharge your batteries with sunshine, sport, and entertainment

Total wellbeing. Sailing, windsurfing and canoeing on the sea waves. Playing golf in the lagoon, beach volley on the golden sands. Followed by a pampering in the Grado and Lignano spas. And lots of entertainment parks for all ages. And the night is still young...



Highlights

The yacht ports

The splendid Friuli Venezia Giulia coast offers a generous choice of marinas with more than **fifteen thousand moorings**. And sailing enthusiasts will be delighted by the many fully-equipped service centres that respond to all their specialist requirements.

Thanks to the strong sailing tradition in this area, sport is the natural companion for the sea. Even the diehard couch potatoes will find it hard to resist the temptation of the vast range of activities on offer. **Sailing** and **windsurfing** are at the top of the list. But there's also **beach volley**, **golf** on coastal link courses, **horse treks** along the beach, **canoeing**, **free climbing** on rock walls and caves along the coast and inland in the province of Trieste. If you're keen on getting into shape, you can start straight away: the sports and sailing centres on the beaches offer a full range of information and the guidance of expert instructors. Fitness and the search for harmony between mind and body have been practiced in this area since the 19th century. Wealthy town-dwellers from the Austrian-Hungarian empire who frequented the **marine spa baths of Grado** can be considered to be the forerunners of today's wellness enthusiasts. And the Grado Spa baths, first opened on 26 June 1892, are still welcoming visitors today. The baths now offer all the latest facilities and equipment in a modern and refined setting. But there is still more than a hint of central European elegance in the atmosphere, adding a very special fascination to the modern beauty treatments on offer. In contrast, **Lignano Sabbiadoro** is a completely modern resort: here, the **wellness centre** is the best equipped of the entire Region.



The underlying philosophy is the drive to dispel even the remotest hint of boredom of even the most world-weary visitors. That's why the resort offers a package of no-holds-barred fun for people who really like to let their hair down. For example, you can take a trip around the seven **amusement parks** that you'll find in the short distance between Lignano Sabbiadoro and Grado. Go to the pubs and discos or take a tour around the wine bars, or get into the thrills on offer at the many large funfairs in the area. Summer in Friuli Venezia Giulia offers a broad range of events including concerts with top artists and **festivals** to animate the hours of darkness. The festive showtime atmosphere pervades the entire Region: in the Hapsburg-influenced Trieste is animated each year by the bright lights of the Operetta Festival.





The seaside - our way: thousands of attractions

Not far from the beaches lie the lagoons of Marano and Grado, where you can wander through a landscape of islets and reed thickets, gazing at water reflections. A world apart, where time is suspended and the sky is the stunning scene of myriad birds soaring up, filling the air with their melodious cries.

After the vast beaches and rocky Trieste coastline, the Adriatic of the north east reveals yet another personality: the **lagoons of Marano and Grado**, where the sea is transformed into a labyrinth of sandbanks, reed beds, luxuriant dikes and tranquil canals. The ideal habitat for **thousands of bird species**. A world apart, where time is marked by nothing more than the wind and the tide. An enchanted landscape, where the unique pearly luminescence of the sky is absolutely unforgettable. A voyage of discovery of this secret world can be over land or by sea. The destinations are the **nature parks of the Valle Canal Novo, and the mouths of the Stella and Isonzo rivers**. All close at hand and accessible from the beach in a matter of hours for a completely different day, which typically draws to a close with delicious dish of freshly caught fried **fish**. And there are always things to do within a stone's throw from the beach - places to visit that give your holiday a flavour of exploration and discovery: an afternoon spent in the immense **Hemingway park** of Lignano, a walk along the **Rilke path** at Duino, almost suspended between the sky and the sea, and the countless other options offered by Friuli Venezia Giulia to awake your imagination.

Highlights

Scuba diving excursions

From June to September the visitor centre of the marine nature reserve of Miramare offers a sea-watching tour for divers, whether experts or beginners. A unique and stimulating experience providing a valuable opportunity to get a close-up look at the sea bed and the many treasures it conceals in total safety.





Aquileia, bearing all the magnificence of the Roman Empire. Gorizia, with its Mitteleuropean charm. The Collio, dotted with vines and wineries. Trieste, the city of a thousand faces. The ancient village of Muggia, with its delicious fish cuisine. All a stone's throw away from the seaside...

A sea of history for all seasons

Highlights

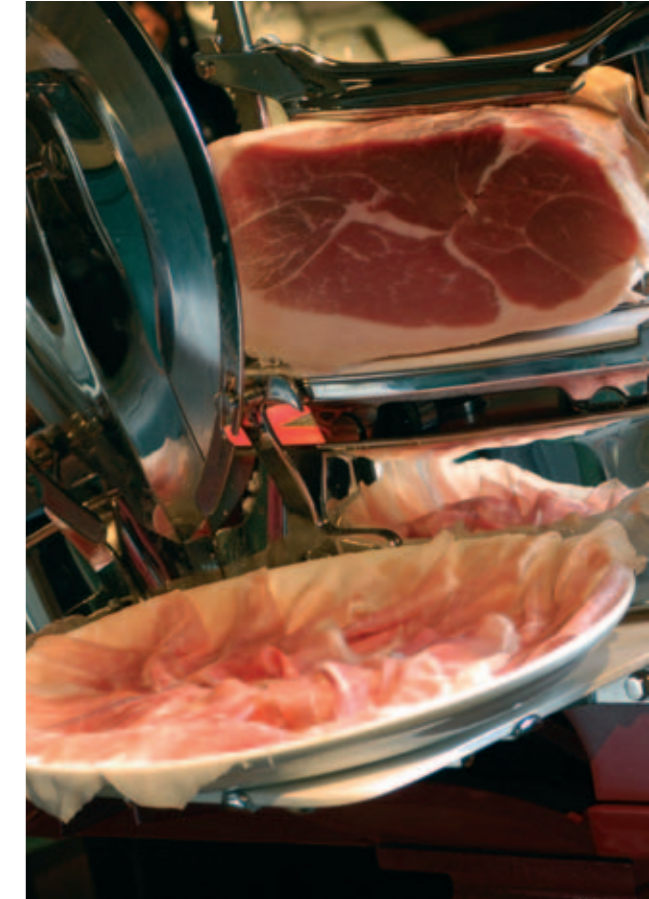
Villa Manin of Passariano

The residence of the last of the Venetian Dogi rediscovers its ancient splendour as a Centre of Contemporary Art, Art Academy, and Regional art treasures catalogue and restoration centre. Go for a refreshing walk through the park along its pathways past lakes and ancient trees.



Even the historical visits in this area are not limited to the summer season. Discovering the secrets of this magical land where diverse cultures have intermingled for centuries is easy. Either in the height of summer or during a quiet winter weekend break. The **Aquileia** area forms a backdrop for Grado: the Roman and mediaeval flavour of Friuli Venezia in all its splendour. It's a rare experience to be able to visit such a bountiful and perfectly preserved archaeological site. And the experience is a far cry from a museum outing. Let's say it's more like a voyage backwards through time: vast mosaic floors captivate visitors with a succession of patterns that still hold the fascination of life told by the skilled hands of historic mosaic craftsmen. At the river port on the massive stone wharves you can almost imagine the tightly moored

Roman merchant ships laden with amber, spices and precious oriental fabrics. **Gorizia** also offers reflections on the Great War and the Iron Curtain with its Austrian overtones... this is where the last European boundary collapsed only a few years ago. Relaxing in one of the many bars or admiring the views from the Castle, haunted by tales of espionage and smugglers. In the enchanting landscape of the **Collio** follow the fragrances of fine wines which exude from the wineries. City of a thousand faces, **Trieste** is criss-crossed by countless tourist trails: historical, cultural and religious. The enchanting port of **Muggia** is nearby. The fish is superb in all seasons. And you'll be impressed by the view of the sparkling waters of the Adriatic from the courtyard of the Santa Maria Assunta church, a fine example of 9th Century architecture.



The melting pot of the Latin, Slav and Germanic cultures is expressed in the rich flavour tones of its cuisine, with fish *in boreto* and *jota*, *Sacher Cake* and *frico*. Not to mention its most famed products: **San Daniele** cured ham and the wines from the Friuli vineyard.

A sea of flavour

The populations that came into contact in this area left their mark also on the local cuisine. Here you can find a range of fresh Mediterranean flavours, aromatic **fish** prepared in the “boreto” style, and the spicier tastes typical of central European cuisine. Gulash and *jota*, a speciality first course from the Slovenian Carso area, are among the favourite menu items in Trieste. In the historic bars, a refreshing glass of beer and a slice of finger-licking Sacher cake remind you that Vienna is just around the corner. And even when seeking an eatery away from the beaches you’ll find numerous tiny restaurants serving local specialities such as “brovada”. It should also be remembered that Friuli Venezia Giulia is the home of the internationally renowned **San Daniele prosciutto** and some of Italy’s greatest white wines.



Lignano Sabbiadoro: a truly great holiday...



All dreams come true in the town flying the “Blue Flag”. You are welcomed by a long beach, elegant gardens and many restaurants, bars and shops. Take the cycle paths or go for a trip in a *batana*, to an enchanting natural reserve, home to herons.

Ernest Hemingway, who “discovered” these towns at the time of the Great War, famously compared them to Florida. But perhaps it’s hardly surprising: Lignano is acclaimed for its endless extension of sand and its single minded preoccupation: to give guests a good time. You can find everything you need at Lignano, which has held the prestigious “**Blue Flag**” European environmental award for some sixteen years. Because the name Lignano actually denotes three exciting towns that have grown up around the concept of holidaymaking. There’s **Lignano Sabbiadoro**, the town with a thousand restaurants, open-air bars, and long strolls through exclusive shopping precincts.

Lignano Pineta, with refined walks and shady gardens that add romance and relaxation to the walk back to the hotels from the beach. Finally, **Lignano Riviera** is renowned for the festive atmosphere, sports, and entertainment on the beach.

And the things to discover, like everywhere else in Friuli Venezia Giulia, are just around the corner. In the space of a single day or even an afternoon you can take a trip inland to alternate the flavour of delicious seafood with the tasty Friuli cuisine. Villages such as Precenicco, Marano Lagunare, Latisana and Palazzolo conceal a wealth of little treasures of art and architecture that amply repay a casual visit.

Take a *batana* - local flat-bottomed boats that are ideal for exploring the lagoon - or hire a bicycle to take a ride along the inviting cycle paths to check out the **nature reserve of the Stella delta**: the magical light of the lagoon, the ducks, herons and countless other wildfowl will reinforce your impression of being immersed in an authentic natural paradise.





... fun seeking and dream-catching

Thousands of ways for having fun, in theme parks, a funfair and a park zoo. With sailing, windsurfing, horse riding and golf, sports lovers have lots to keep them busy. At night, the fashionable discotheques and bars all light up.



The party's everywhere. But especially in the **themed amusement parks**.

Aquasplash, among the top Italian aquatic parks, offers breathtaking water chutes and vast swimming pools.

Strabilia is a super funfair studded with lights and an unmissable appointment for thrill-seekers.

You'll only have one problem at the Gommosi and Parco Junior: trying to convince your kids to come with you when it's time to leave!

You can choose from a wide range of accommodation at Lignano: large hotels, small family-run concerns, apartments, residential villages and agritourism facilities.

The only thing that you can be sure of is that the sea and nature are always close at hand in a town that has developed around the concept of tourism. But Lignano isn't just about chilling out.

To maximise the experience you'll also need to focus on your personal fitness.

That's why sport is one of the top features of the "Lignano vacation formula".

And sports activities start on the right there on the sand with centres staffed by skilled **sailing** and **windsurf** instructors just a short walk from your beach umbrella.

Activities also include **horse treks** - the experience of an early morning ride along the deserted shoreline is absolutely unique.

Beach volley games are also on the sports menu. You'll even get the opportunity to try your hand at golf: the all-year-round **Golf**

Club has some of the most beautiful sea-front fairways in Europe.

Lignano by night is animated by thousands of lights. In the past there were the big bands with elegant patrons in white dinner jackets, and today there's entertainment wherever you turn: **discos**, disco-pubs, and fashionable haunts such as the famous Terrazza a Mare.

And the fun-seeking and cosmopolitan crowds offer visitors the perfect surroundings to immerse themselves in the "sea" of humanity to make new friends and have a truly great time.

Highlights

Exploring the water... by bicycle!

Relaxing cycle rides on the back roads that wind through a dense network of rivers and canals, where the saltwaters of the sea mingle with the inland freshwaters, are among the many opportunities offered by the Lignano hinterland.

Enjoy the magical atmosphere of a perfectly balanced natural environment where the songs of more than one hundred different bird species offer the ideal soundtrack to a day of sunshine and sea.

There are two recommended itineraries: from Marano Lagunare to Piancada and from Precenicco to Latisana.



Grado, the sunshine island...

Joined to the mainland by a narrow strip of land, Grado boasts an elegant Venetian historic centre. It is an oasis of relaxation and wellbeing, thanks to its fine spas, its pinewoods caressed by a sea breeze, and its calm, clean waters. And it also offers international events and culinary delights.

The Italian poet Biagio Marin wrote about its long istae: the bright summer punctuated with the flight of seagulls, shells and sandy islands. "Grado style" requires an experienced eye and an experienced ear to be fully appreciated. Grado, joined to the mainland by a **narrow strip of land**, is to all intents and purposes an island, secluded and huddled around its historic town centre with its **Venetian elegance**. A beach furnished as though it were a high-society lounge, top quality services, painstaking attention to comfort and the safety of your little ones: taking a vacation in Grado evokes the pleasures of the aristocratic Hapsburgs, who came here to take the waters and relax in the **marine spa baths** since the start of the 19th Century. The promenade at Grado runs from the lighthouse pier with its spectacular sunset views to the **Pineta** pine woods district where the deep shade softens the lively seaside life and enhances the overall sensation of relaxation. And the shallow, millpond waters of the sea - always perfectly clean - are a delight for kids, who can bathe in total safety. This is the ideal location for **beach volley, sailing, windsurf, basketball and five-a-side football** - without even having to leave the beach, thanks to the proximity of a series of modern and unobtrusive sports facilities. The range of **accommodation** on offer is virtually limitless, from major four-star hotels to small family-run concerns, apartments for rent or agritourism facilities.





Fishing boasts an ancient tradition here, and its products make for very distinctive dishes, like *boreto a la graesana*. Cosmopolitan events, beauty treatments and physical activity, offer thalassotherapy, water-skiing, golf and sailing.



... the seaside life in style



The wellness philosophy is the best approximation of the seaside lifestyle at Grado. **Wellness**, carefully metered physical activity, beauty treatments and mental relaxation are all on offer at the all-new **spa baths** complex. Recently renovated and equipped with areas dedicated to aesthetic medicine, the Spa centre offers a range of interesting programmes: from thalassotherapy to anti-aging skin treatments. **Windsurfing** and top-level **sailing** with international regattas, **water skiing** and **canoeing** to offer a complete range of options for an active seaside holiday. A round of **golf** on the 18-hole course, with its verdant greens and cool blue waters, is far more than a means of relaxation. It brings a sensation of well-being that has to be experienced at least once to be fully appreciated. In the winter this **historic fishing village** never fails to surprise. The colourful to and from of fishing boats measures the passage of time, with the aroma of deliciously cooked fresh fish wafting from the many trattorias and restaurants. Escape here and order a delicious "**boreto a la graesana**" after a refreshing walk among the circling seagulls on the shoreline, or after a trip to **Aquileia**, which is at its best in the winter months. The fascination and allure of one of the most remarkable archaeological sites of Italy are sure to find a place in your heart.

And there's no shortage of opportunities for a wonderful weekend. Aquileia is constantly hosting exhibitions and concerts, staged in the magnificent setting of the Basilica cathedral. Visitors from all over the world are drawn by a range of **international events**. Opportunities for rubbing shoulders with the inquisitive and interesting visitors to the area are provided by the Puppet Festival, one of the most important European events in the field, or LagunaMovies, an international exhibition of cinema, show events, and meetings in the Lagoon area.

Highlights

Thermal aquatic park
An aquatic park with saltwater pools situated right on the main beach in Grado, with diving boards, games, waterfalls and whirlpool baths: fun for everyone, young and old alike.





Trieste, a drawing room overlooking the sea

Highlights

The Casa Carsica

Just inland from the sea stands a magnificent example of popular architecture in the wild landscape of the Trieste Carso district.

The villa is surrounded by the classic courtyard protected from the winter Bora wind by a high wall and the typical farm outbuildings.

In the summer the antique building forms the perfect venue for historic plays in costume, exhibitions, literary events and concerts.



From the Pinewood of Barcola to Miramare, the seafront promenade is uninterrupted. Each architectural detail is in tune with the blue water, just as life is for people in Trieste.

“A trip to the baths”, meaning the beach bathing establishment, is a consolidated tradition in Trieste. And there’s no need to go far, because the Adriatic, glistening with a unique turquoise colour when the Bora wind is blowing, is always just around the corner.

At the end of an elegant avenue, at the bend in an historic alley, when departing from a palatial city square, the sea penetrates into the heart of Trieste and brings dynamism and vitality.

In Trieste, after checking out the famous **antique shops** of the Ghetto or Cavana, specialised in Biedermeier and wartime memorabilia, or after a visit to the **Museum of Revoltella**, a superb 19th Century villa that has been perfectly preserved with all its furnishings, a healthy swim and walk in the bracing sea air is the most natural thing in the world. From the Pinewood of **Barcola** to **Miramare** Trieste, the seafront promenade is uninterrupted. The seaside season opens with the first sunshine of March and ends formally at the beginning of November, although in reality continues all-year-round. The passion and history that ties Trieste to the sea is evident also in the **natural marine oasis of Miramare**: 121 hectares of coastal land and sea protected and administrated by the World Wildlife Fund.

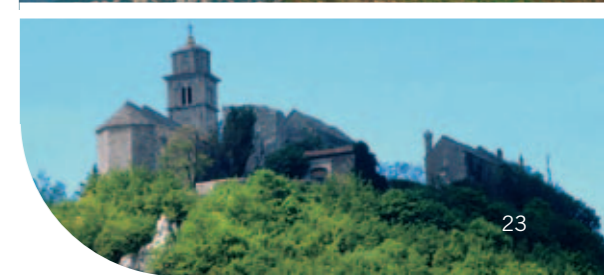
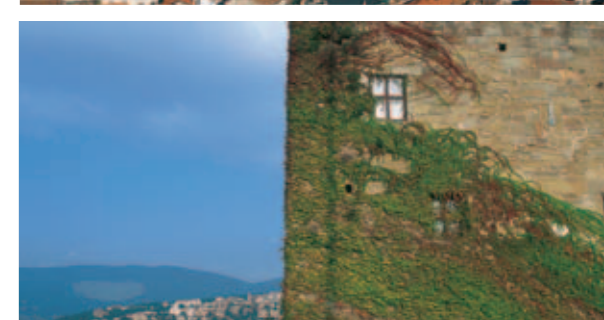


Cliffs, hamlets and castles

Fairyland castles loom over the sea and trails, like the Rilke, offer stunning views of the white cliffs and the blue sea and sky. Drink Teràn wine and learn about ancient customs inland, where enchanting villages are scattered across the rugged, fascinating Carso.

But to get a lasting impression of this unique stretch of coastline you need to visit the castles, a series of historic buildings whose timeless beauty is intrinsically tied to the sea and the wind. The typical itinerary starts from “**Miramar**” (as it is known locally by the residents of Trieste), standing just a few miles from the city centre: Miramar is an authentic fairyland castle that takes visitors right back to the time of Maximilian of Hapsburg. Whatever the season, the **Rilke path** will lead you through a landscape of sea, rocks, and sky to the **castle of Duino**, following the trail of the great Austrian poet who once stayed there. The trail ends at **San Giusto**, in the heart of the local legacy of memories, where you can observe Trieste from above to gain a fuller understanding of its unique history from the morphological outlines of its districts and its street plan. In October the city of Trieste is alive with the crowds drawn by the most important regatta of the Mediterranean: the **Barcolana**. And in the winter the exploration of tiny villages along the coast and in the inland areas offers an endless range of delightful experiences. Stop off in the tiny port of **Muggia**, at the easternmost extremity of Italy, and pause to enjoy its welcoming trattorias, constantly supplied with delicious freshly caught fish. And just a short distance away you can check out the charming **Sistiana** inlet, or climb to **Monrupino**, the Spartan hamlet of the Carso offering a bird’s eye view of the entire territory. Then press on as far as Bagnoli to admire the contrast between the harsh Carso landscape and the perfectly proportioned arches of the **aqueduct** that once provided water for Trieste in Roman times.

Here too visitors will find an inviting “locanda” to welcome them with a range of different flavours: the spicy tastes of Slovenian cuisine, washed down with plenty of **Teràn** dense rich ruby wine with its delicately salty taste that typifies the atmosphere of this harsh and hauntingly beautiful land. The local **accommodation**, always welcoming and unforgettable, features a full range offering: four and five-star hotels, charming B&Bs and agritourism establishments.





Easy to reach, hard to forget

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YES NO

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