

# TASTE FRIULI

## OUR TRIPS



**FUSINE LAKES**

12/07



**SAN DANIELE &  
TAGLIAMENTO**



HIKING

15/07



**CIVIDALE &  
NATISONE VALLEYS**

19/07

09/08



**RESIA VALLEY**



HIKING

22/07

12/08



**VENZONE &  
CORNINO LAKE**

26/07

16/08



**MONTASIO**



HIKING

29/07

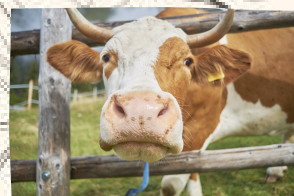
19/08



**AQUILEIA & VALLE  
CAVANATA**

02/08

23/08



**CASON DI  
LANZA**



HIKING

05/08

26/08

The fee per adult is 15 euros, children half price, and includes the experience conducted by a professional guide. Entrance tickets and tastings are excluded.

# TASTE FRIULI



*Destination*

## FUSINE LAKES

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Fusine Lakes stand amongst the nicest natural locations in our region. An ice reign during the winter, this place become magical in summer, thanks to the colors of forest and water. Cave del Predil is a little village in the municipality of Tarvisio, and its name (“Predil Mines” in English) quite explains itself. Until 1991 the lead and zinc mining activity was the economical activity that supported the village and its inhabitants.

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Trekking: 4 km hike around the lakes

Difficulty: None

Ascent: <100m

Plus the visit in the mine!



# TASTE FRIULI



*Destination.*

## SAN DANIELE & TAGLIAMENTO RIVER

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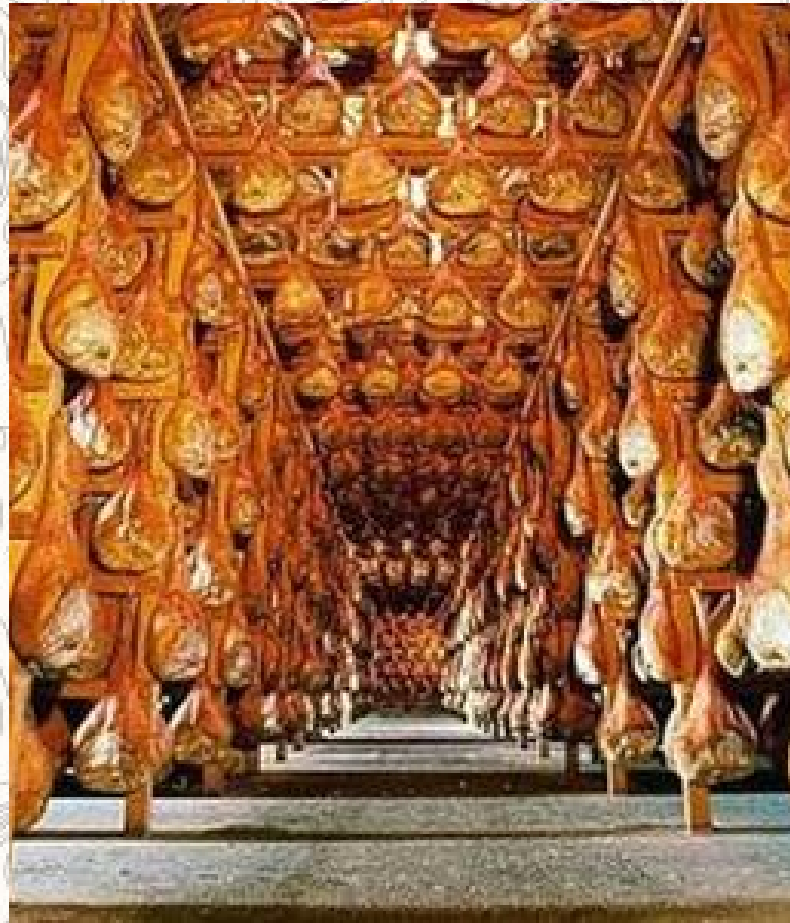
The Tagliamento river is usually described as the king of the Alpine rivers because it is an extraordinary example of braided gravel-bed river in Europe. It has preserved its original ecosystem which has never been changed significantly by irresponsible human interference, and has always been an uncontaminated natural habitat for a wide variety of species of flora and fauna. We'll admire it from the panoramic viewpoint of Ragogna, reachable with an easy trekking, then in the afternoon we will meet one of the typical gastronomic products of the area: the San Daniele ham!

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Trekking: 10 km hike

Difficulty: Easy path, good fitness required

Ascent: 400m



# TASTE FRIULI



*Destination*

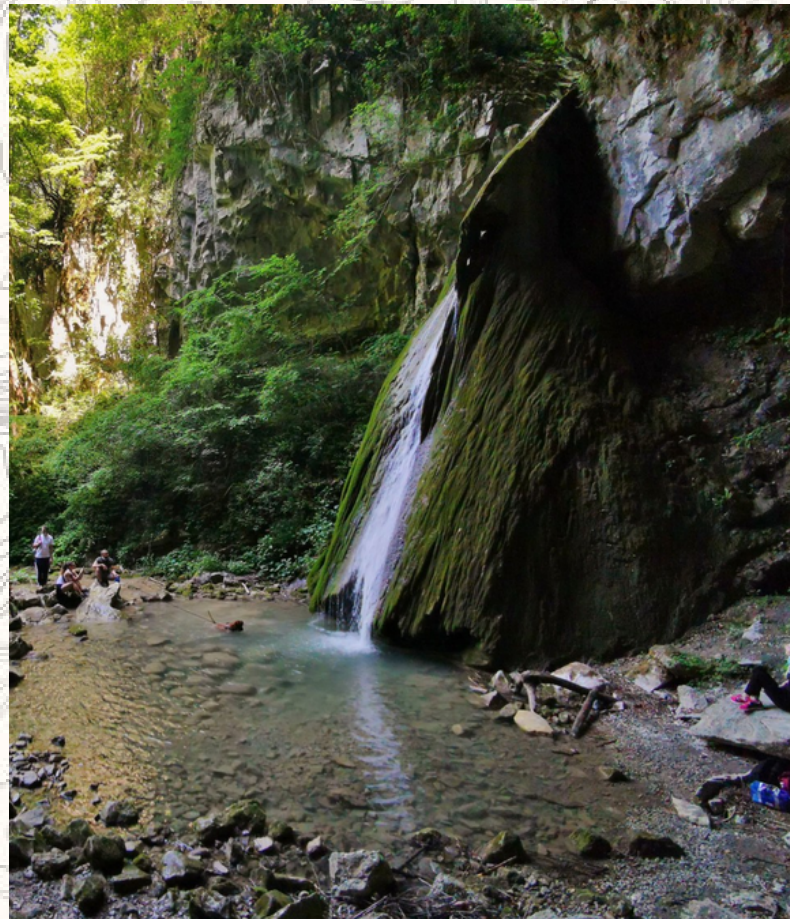
## CIVIDALE & NATISONE VALLEYS

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Cividale del Friuli is one of the most interesting cities from the historic point of view: "municipium" during the Roman Empire, first capital during the Lombard invasion, residence of the patriarchs of Aquileia over more than 200 years. Around the city, the territory is characterized by the culture of vineyards, since wine is the pride of this part of the region. We'll explore the city, then we'll go trekking to find one magic spot hidden in the valley: the Kot waterfalls.

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Trekking: 2.5km hike to the Kot waterfalls  
Difficulty: None  
Ascent: 100m



# TASTE FRIULI



*Destination*

## RESIA VALLEY

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A magical valley where time has frozen and the traditions live every day of the year. Ancestral music and dances, colorful dresses, sharp mountains, crystal clear rivers with roaring waterfalls, these are just a few of the countless magical features of this valley. Besides the natural and folkloristic attractions, a visit to the Grinder Museum is always worthy, as also a taste of the local cuisine.

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Trekking: 10 km hike

Difficulty: Easy path, good fitness required

Ascent: 400m

We'll have the chance to taste the local food and discover the secrets of the people of Resia.



# TASTE FRIULI



*Destination*

## VENZONE & CORNINO LAKE

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Venzone is one of the most iconic towns in Friuli Venezia Giulia, it became the symbol of the rebuilding process after the terrible earthquake of 1976.

The town is an incredible example of XIV century architecture, still preserving the original city walls.

Cornino Lake is only 15 km from Venzone. It is a small lake with stunning colorful water, protected by a Nature Reserve that hosts an important case of wildlife conservation: Griffon Project, which reintroduced griffon vultures in the Eastern Alps.

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Trekking: 2.5km ring of churches in Venzone, 3km path to discover the Nature Reserve of Lake of Cornino.

Difficulty: None

Ascent: <100m

We'll have lunch in the Old Town inside the walls!



# TASTE FRIULI



*Destination*

## MONTASIO

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In the heart of the Julian Alps lies the wonderful Montasio alpine plateau. During the summer the cattle populate the spectacular meadows, filling the plateau with the jingling of the bells and the mooing of the cows. Above the dairies and the huts stand the magnificent Montasio mountain range, with its highest peak Jôf di Montasio, known as “The King of Julian Alps”. The touristic offer includes the mountain hut “Rifugio Giacomo Di Brazzà”, where you can taste the local cuisine, and the alpine dairies where you can buy the exclusive “Malga Montasio cheese”

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Trekking: 6km hike  
Difficulty: Easy path, good  
fitness required  
Ascent: 410m



# TASTE FRIULI



*Destination*

## AQUILEIA & VALLE CAVANATA

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Aquileia was founded by the Romans as a military colony in the 2nd century B.C. and thanks to its impressive river port and the excellent surrounding road network, became one of the largest cities of the Roman Empire. Today, vestiges of this greatness remain in the magnificent floor mosaics and the archaeological area, which has earned it UNESCO World Heritage Site status.

Close to Aquileia, the Nature Reserve of the Valle Cavanata is important for its rich avifauna. Located on the Eastern edge of the Grado lagoon, it is a wetland of international value.

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We'll visit the surroundings of the Roman city, then we'll move to the Nature Reserve to explore the wetlands and look out for its wild habitats.





# TASTE FRIULI



*Destination*

## CASON DI LANZA

### THE SMUGGLERS' PATH

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This trip is studied for groups who would enjoy an easy or medium mountain walk of approximately 3 or 5 hours in the pastures between Italy and Austria.

It passes by the local alpine dairies where it's possible to taste great cheese and food. The paths cross the Austrian border and many trenches and fortifications of the two World Wars.

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Trekking: 10km in the mountains around the pass and along the border.

Difficulty: Easy path, good fitness required

Ascent: 400m

