



Friuli Venezia Giulia

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Why Go?

With its triple-barrelled moniker, Friuli Venezia Giulia's multifaceted nature should come as no surprise. Cultural complexity is cherished in this small, little-visited region, tucked away on Italy's far northeastern borders with Austria and Slovenia. Friuli Venezia Giulia's landscapes offer profound contrasts too, with the foreboding, perpetually snowy Giulie and Carnic Alps in the north, idyllic grapevine-filled plains in the centre, the south's Venetian-like lagoons and beaches and the curious, craggy karst encircling Trieste.

While there's an amazing reserve of often uncrowded historical sights, from Roman ruins to Austro-Hungarian palaces, this is also a fine destination for simply kicking back with the locals, tasting the region's world-famous wines and discovering a culinary heritage that will broaden your notions of Italian cuisine. Serene, intriguing Trieste and friendly, feisty Udine make for great city time – they're so easy and welcoming you'll feel as if you're Friulian, Venetian or Giulian too.

Best Places to Eat

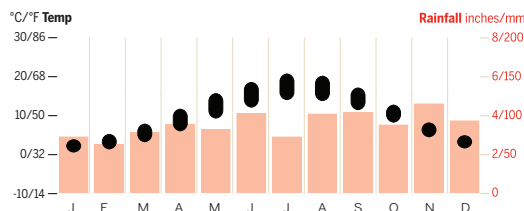
- » La Frasca (p398)
- » Pirona (p391)
- » Salumare (p391)

Best Places to Stay

- » L'Albero Nascosto (p390)
- » Palazzo Lantieri (p397)
- » Hotel Clocchiatti Next (p404)

When to Go

Trieste



Feb Discover the uncrowded slopes and low-key ski resorts of the Giulie Alps.

Jun Fill up on prosciutto at San Daniele's Aria di Festa.

Oct Watch sails fill the horizon at Trieste's Barcolana Regatta.

History

The semi-autonomous region of Friuli Venezia Giulia came into being as recently as 1954; its new capital, Trieste, had already traded national allegiances five times since the beginning of the century. Such is the region's history, a rollicking, often blood-stained one of boom, bust and conquest that began with the Romans in Aquileia, saw Cividale rise to prominence under the Lom-

bards, and witnessed the Venetians do their splendid thing in Pordenone and Udine. It was Austria, however, that established the most lasting foothold, with Trieste as its main seaport. While the region today is a picture of quiet prosperity, much of the 20th century was another story. War, poverty and political uncertainty saw Friulians become the north's largest migrant population, most bound for Australia and Argentina.



Friuli Venezia Giulia Highlights

- 1 Commune with the literary ghosts in **Trieste's grand cafes** (boxed text, p394)
- 2 Spot lynx and marmot in the wilds of the **Carnic Alps** (p407)
- 3 Picture a 4th-century-AD Roman port as you wander **Aquileia's ruins** (p399)
- 4 Sip Friulano and scoff a **frico** (thick cheese-and-potato omelette) in one of Udine's friendly **wine bars** (p404)
- 5 Marvel at an 8th-century Lombard chapel in **Cividale del Friuli** (p406)
- 6 Stroll the lively old town of sun-drenched beach resort **Grado** (p399)
- 7 Straddle the cold war border and discover a glorious (and sometimes gory) past in **Gorizia** (p396)
- 8 Ski across borders at **Sella Nevea** (p408)